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32 PAGE  
MAGAZINE  
**Make it  
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Inside...

**SUMMER  
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**99  
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\*Revitalift programme, Nielsen IRI and SRI data,  
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## Here's to you and us!

To kick off this issue I'm thrilled to tell you that we've just won an award for Magazine of the Year, plus an award for our 32-page Make It Easy section.

The team of publishing industry judges who voted for us said:

'essentials is packed with value and popping with energy... and every page radiates joy.'

Wow, you can imagine the celebration we had! They also praised the way we include you, our lovely readers, in every issue, so I hope that you, too, will give yourself a pat on the back and share the accolade, because you're a big part of our success – we're going to be dining out on this one for a while yet I can assure you!

So, I've been on a real high ever since the awards do and it spurred me on to achieve another dream of mine – a dressing room all of my own! Ever since I saw Carrie's in SATC I've wanted one. Does that sound extravagant? Well sort of, until I tell you the room was a 3x6ft box room and it's now

**'I'm thrilled we've won an award... but it's you that makes us a success'**

more of a walk-in cupboard than a room! It's had various guises over the years – a guest room that got slept in once; a study, again never used; then the junk store. So the other weekend I got myself organised and measured up. All I had to do was convince hubby of my brilliant idea and how it would allow him so much more space in the other wardrobe – no more crammed-in creased shirts and trousers on the back of the door – and he agreed straight away! It took the best part of a day, but finally there they were – my lovely empty rails and shelves all ready to be filled. Best bit though, was that my little dream cost less than £100 to come true. I love it and can't stop pottering around in it – it's given me the feel-good factor and has become the equivalent of my

husband's shed – tidying/car-tinkering feel-good moments. This month's issue therefore (and not un-coincidentally!) is full of feel-good tips and guilt-free moments for you this summer. Need to take time out just for you? Or justify a bit of an indulgent buy? Then you need our 6-page special (p48) where there are plenty of ways you can do just that. If you simply want to take it slow and enjoy lazing about in your gorgeous garden, the easy ideas on p84 and p96 should hit the spot. Cheers to you and your dreams. Until next month...

*Jules*

Jules Barton-Breck, Editor

## Easy maths to make our dreams come true...

It's a simple formula: decide what you want then work out what you need!

Win the Lotto = Remember to buy a ticket

No more wobbly bits = Stop scoffing chocolate

Time just for you = Just say no. To everybody

No hangover = Glass of iced tea, not iced gin

Quiet children = Patient grandma

Clothes that fit and flatter = The right size – not the size you wish

Lovely hair – every day = Wash and style it – every day

To be happy = Enjoy what you've got

## NEW!

Need a bit of meal inspiration for chicken? Salmon? Pasta? Sausages? Then you'll love our new website packed full of our easy recipes. Just go to [www.goodtoknow.co.uk/essentials](http://www.goodtoknow.co.uk/essentials)



## Not to be missed

For just £1.99 an issue you can treat yourself, or a very good friend, and have your favourite award-winning magazine (yes, I know I'm milking it!) delivered straight into your hungry little letterbox every month for a whole year. Plus, you'll get a free gift of a Barry M make-up and nail polish set, worth over £30! See p104 for details.

**We're the best value!**

## Get in touch!



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Andie's hair is styled with some natural hair extensions and coloured  
with shade 5.3 Golden Brown.

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# july essentials

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The call of your childhood home – three readers tell their stories



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essentials  
**best beauty buys**  
2010

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## BEAUTY AWARDS

We've found the products that really deliver – check out our top-to-toe guide to 101 best beauty buys





## WIN & SAVE WITH essentials

**35 WIN!** Vouchers to spend at allthatglitters.co.uk

**55 WIN!** Beauty goody bag worth over £1,500

**67 WIN!** Nivea My Effect Good-Bye Cellulite 10 Day Serum

**90 SAVE!** One Touch LED Lights, only £14.95

**145 WIN!** £35,000 cash with your lucky number

**146 SAVE!** Get fab nails and 20% off OPI

**147 WIN!** A dream holiday to Dubai

**148 WIN!** Super-stylish fridge freezer; seaside mini breaks; designer sunglasses; cheffy pots and pans

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**101 WIN!** Handy food boxes

**144 WIN!** Goody bag, it includes this chocolate!



32 PAGE  
MAGAZINE  
**Make it  
easy!**  
Inside...

These lamb burgers are really special – and take just 20 mins to make!



**TRUST US!**  
Created for  
you in the  
essentials  
kitchen

## SUMMER FOOD SPECIAL

**108** 15 fabulous all-new BBQ recipes – there's more to eating alfresco than bangers and burgers!

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**119** Easy, summery ideas for Sunday lunch – no need to stand on ceremony with these Med-style recipes, just dive straight in

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## Your health

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**73** Quick fix-its – headaches Three experts offer their solutions

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## Home & food ideas

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**96** Magical summer garden party Set the scene with easy makes, pretty lights and great-value buys

**101** Food bites Know-how, best buys and taste test



**84**  
So many ways to pretty up your garden – no need to spend a fortune

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**93** The smart woman's guide... install solar panels and you could be quids in!

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## Holidays

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**91** Your sneak preview of next month

**139** Where to shop **153** Horoscopes



**96**  
Make your summer garden party the talk of the town

## Save me a copy of essentials

Please reserve me a copy of essentials magazine every month, starting with the ..... issue.

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# OLAY

"I have swapped to  
*7 age-defying effects*  
in *1 cream*"

*Thandie Newton*



Love the skin you're in™  
**total effects**

worldmags & avaxhome



NEW

**STYLE A NEW YOU EVERY DAY.**  
With wellaflex SILVIKRIN Heat Creations.

The new formula from  
the Wella experts  
ensures you get the best out  
of heat styling tools  
while protecting your hair.





**new this month**

This comfy floral kneeler is perfect for the lazy weeder! Wisteria gardening kneeler, £16, Laura Ashley.

Hang up a couple of these to turn a nothing-special evening into an enchanting one. Birdcage lantern, £4.95, John Lewis.

Just the right size for carrying a pile of mags to your sunlounger! Sparrow bag, £4, Habitat.

If you go down to the woods today... take this hamper with you (filled with treats, of course!) Two-person hamper, £20, Bhs.

A mini bottle of pink fizz for a Saturday afternoon treat? Oh, go on then! Freixenet Cordon Rosado Cava, £2.99 for 20cl, Tesco.

A fruity fragrance is summer in a bottle. Annick Goutal Petite Cherie Limited Edition Eau de Toilette, £51 for 50ml.

Shade your eyes and protect your hair with a fab floppy-brimmed hat. Linea sunhat, £19, House of Fraser.

# Treat yourself!

Just what you need for lazy summer days in the garden

FEATURE: HONAGALLEY

A ready-made floral display is always an indulgent treat. And you get to keep the pot afterwards, too. Outdoor fuchsia trug (available until 30 June), £35, M&S.

Keep your sun-exposed skin safe and soft. L'Oréal Paris Solar Expertise Milk Spray Mist, SPF 15, £13.

Keep the bugs away from your alfresco supper. Citronella scented candle, £6, Cath Kidston.

Breathe in, lie back and strike your pose. Grace swimsuit, £35, White Stuff.

As long as you're not wearing a knotted hanky, it's cool to laze about in a deckchair. Beach stripe deckchair, £34.99, Sainsbury's.

For stockists, see page 139



# All about you... these pages are for

The  
story  
of us

## 'I couldn't have got through without her'



Janet and Tracey can't wait to throw away the crutches and get back to the activities they love.

**Janet Fox (above right), 34, a radiographer from Bovey Tracey, Devon, is married to Richard, 35. Her best friend is Tracey Fey, 36, a waste education officer from Teignbridge, married to Tim, 44.**

**Janet** I first met Tracey in April 2008 when my husband went out for a mountain bike ride with a group of mates who came back to our house afterwards. I couldn't go because my hip was hurting too much, but as soon as we got talking, Tracey and I struck up a friendship.

**Tracey** Janet was telling me about her hip problem, and when she said one of her symptoms was a painful clicking in her hip, I knew I had exactly the same problem. She told me to get it checked out with my GP, which I did, and I had an operation in March this year.

**Janet** By then I'd already had two operations. After the first, in November 2008, I knew my hip still wasn't right, and when I was told I'd need more surgery I was devastated. But Tracey came round and helped me

realise there'd be an end to it. We made plans together – what we'd do when we both had healthy hips!

**Tracey** Yes, we dream about going biking together – maybe a charity ride in India. And we both fancy skiing... and kayaking... We have a lot of dreams!

**Janet** I'm the one taking Tracey around at the moment as she's on crutches. When I was housebound, Tracey would come round and we'd chat, laugh, have a glass of wine and do a bit of online shopping. It really helped.

**Tracey** Our husbands laugh at us comparing aches and pains and hobbling around together. To be honest, I couldn't have got through it without Janet.

**Janet** Likewise – Tracey's been such a support. Now I'm looking forward to a time when this is all behind us.

**Tracey** I have so much in common with Janet – not just dodgy hips! We love the same things and whenever we're together we spend all our time just laughing.

PHOTOS: PAUL CAHILL. STYLIST: LINDSEY BAKER. HAIR & MAKE-UP: AMANDA CLARKE. IN MAIN PHOTO TRACEY WEARS: TOP, NEXT; JANET WEARS: TOP, MINT VELVET. OTHER CLOTHES FROM M&S, TESCO & NEW LOOK.



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We pay £30 for every **STAR LETTER** ★ we publish, so get in touch today at **All About You, essentials** – see page 3

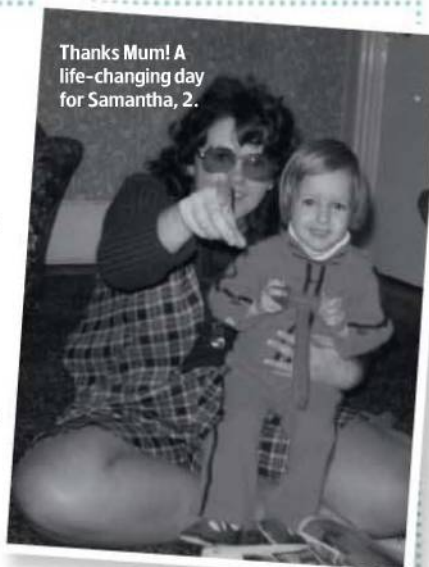
**STAR LETTER ★**

## The picture I'll never throw away

This is me aged 2 in 1976, when my mum and dad came to the children's home to choose me to be their daughter. They couldn't have children so – luckily for me – they decided to adopt. I gave my parents love, grief, happiness and frustration like all kids do, but they were always my rock, my sounding board and my cushion. It never mattered that I was adopted.

The look in my mum's eyes when she tells me to smile at the camera is perfect – I think she already loved me. I'm so proud to be their daughter, and this photo reminds me how grateful I am they chose me.

*Samantha Lee, 36, Hampshire*



Thanks Mum! A life-changing day for Samantha, 2.



**You tell us!** Your June issue of *Make It Easy* inspired me to try my hand at covering my dated hat boxes – and I'm so pleased with the result. Thanks for your brilliant recipes and creative ideas! *Marie Kennedy, by email*

## 5 reasons to love... **Rupert Everett**

He plays a murderer trying to knock off hitman Bill Nighy in comedy *Wild Target*, out 18 June.

**1** So what if he's gay? We still fancy the handsome, witty and oh-so-stylish actor.

**2** He proved every woman needs a gay best friend when he was Julia Roberts' shoulder-to-cry-on in *My Best Friend's Wedding*.



**3** His outrageous autobiography *Red Carpets and Other Banana Skins* detailed, among other flings, his six-year affair with the married Paula Yates.



**4** Madonna hasn't forgiven him for calling her 'a whiny old barmaid' in the book, though he claims it was affectionate!



**5** He's so cheeky – he based his character Miss Fritton in *St Trinian's* on queen-in-waiting Camilla Parker-Bowles!



## MY ADVICE TO YOU...

### Five holiday addicts reveal all

◆ If you're on a 3am flight, don't go to bed. I once missed a plane to Florida – and facing my three kids was not fun.

*Melanie Harvey, 47, Cheshire, package holiday fan*

#### STAR LETTER ★

◆ Be wary of the travel agent's 'special promotion'. Our weekend to Malta turned out to be in a half-built hotel!

*Sarah Harding, 50, Sussex, second home in France*

◆ Don't forget the insect repellent. I couldn't wear any of my cute holiday dresses in Egypt, because by the time the mosquitoes were finished my legs looked diseased.

*Alison Payton, 44, London, frequent flyer*

◆ Pack some clothes in your hand luggage. My friend went to rural Argentina and when the airline lost her luggage she had to make do with rather strange clothes from the only shop for miles.

*Natalie Clark, 33, London, been abroad almost 150 times*

◆ If you go to a travel agent, ask for upgrades on everything. You'll get the best deals.

*Rachel Send, 42, Leicester, travel agent*





# All about you...



What you've been  
**TWEETING**  
about...

Are you on Twitter yet? Follow us at  
[http://twitter.com/essentials\\_mag](http://twitter.com/essentials_mag)

◆ What makes me happy? Empty house, full bath with lots of bubbles, a nice glass of wine and music.

*BigPat*

◆ You asked if we wouldn't fancy a man who drank fruit tea – wouldn't mind if it was George Clooney!

*Cookie69*

◆ My favourite present? A book called *Pets with Tourettes* – from my kids.

*Sweetpeawillow*

◆ Just finished your new issue – LOVE the fashion, but pay day's two weeks away and I can't wait...

*BeverlyMac*

◆ Love your tips! Did you know that ice brings out trod-in chewing gum from carpets, too?

*Yorkiepudding*

**f** Are you on Facebook? Search for Essentials Mag and enjoy our Tip of the Day as well as exclusive pics, offers and sneak peeks of your favourite magazine.



## Where were you when...

### Boris won Wimbledon?

We've got the Pimms and strawberries out for the finals of Wimbledon this month and are hoping for something that takes our breath away. Twenty five years ago, 17-year-old outsider Boris Becker managed exactly that – do you remember it?

◆ I was 14, and watched it with friends in the school TV room. I didn't want Boris to win because I thought he was ugly. Now I'm older I think back to his opponent Kevin Curren and wonder what I was thinking!

*Karen Bromley, 39, Devon*

◆ I watched it with my family, who were all huge tennis fans and remember thinking how extraordinary he was. He was one year younger than me and a Wimbledon champion – I was a waitress!

*Lauren Bailey, 42, Dorset*

◆ I was chatting to a very handsome man in a bar on holiday in Tuscany. I only remember that the tennis was on the TV because he

kept glancing up over my shoulder and then looking back at me vacantly. Needless to say, I got nowhere with him.

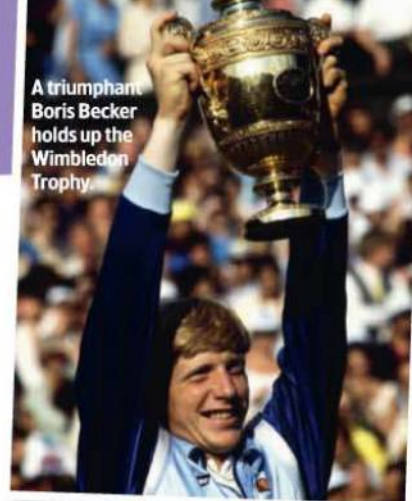
*Lorraine Leahy, 51, Nottingham*

◆ I love tennis and have watched every tennis final. Before I had children I used to go to Wimbledon every year, but I watched that match at home with my 3-year-old.

*Enid Cooke, 57, Watford*

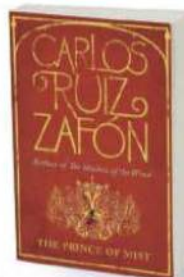
◆ I don't remember anything about the match, but was thrilled that someone with red hair was excelling in something. Before him, I looked to Molly Ringwald and Mick Hucknall to lead the ginger army.

*Nina Corby, 34, Birmingham*



A triumphant Boris Becker holds up the Wimbledon Trophy.

## New novels... ..that we've read for you



**The Prince of Mist by Carlos Ruiz Zafón (£9.99, W&N)**

**What?** Mystery thriller set in the 1940s, aimed at adults as well as kids.

**Plot?** Schoolboy Max and his family move into a new house that's haunted by the previous owner.

**In a nutshell?** Addictive page-turner with things that go bump in the night, from the author of *The Shadow of the Wind*.

**Why read it?** You enjoy ghost stories, but still want to be able to sleep at night.



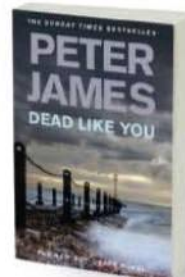
**The Love Verb by Jane Green (£16.99, Michael Joseph)**

**What?** Chick lit novel on the subject of love – be it romantic, maternal or sisterly, they're all here.

**Plot?** Callie's sister, parents and her best friend all have their issues with love, but it's really put to the test when Callie receives some life-changing news.

**In a nutshell?** Interlinked love stories along the same lines as *Love Actually*.

**Why read it?** Because you like a sentimental sniffle now and again.



**Dead Like You by Peter James (£18.99, Macmillan)**

**What?** A crime thriller based on the true story of the Rotherham rapist.

**Plot?** Detective Superintendent Roy Grace tries to discover the identity of the man who brutally attacks women, then steals their shoes.

**In a nutshell?** The seedy side of Brighton seaside.

**Why read it?** You want to make sure that the baddie gets caught.



**I NEED IT NOW!**  
**'I need a hairdresser who'll take a look at me and say: "Fab! Unruly curls and nondescript hair are my speciality."**

I don't want to spend ages trying to describe a style, only to receive the same trim and blow-dry I always get. Surely they must know of a magic product to add sleekness with just one spray. The cut must be low-maintenance, too.

**APPLY TO:** Jane Woolley, 54, London.



## STAR LETTER ★

### What I want to do before I'm... 40

Louise Osilaja, 32, London



#### ✓ WALK IN HIGH HEELS...

I can manage them at work in my office, but I can't quite handle the pavement yet!

#### ✓ HOST A CLASSY DINNER PARTY...

I can do the low-key party with friends, but my goal is to invite at least ten people round for a fine dining experience. I'm totally inspired by *Masterchef*.

#### ✓ REDISCOVER KNITTING...

My mum gave me knitting lessons when I was little, but I didn't take a thing in. Now I think it would be quite cool to knock myself up a little summer cardigan.



## Bet you didn't know this about me!

Zoë Otomewo, 40, has been best friends with work colleague James Kelvie, 42, for four years. They are both teachers, live in Birmingham, and started dating three months ago.



### James says

- ◆ When we used to work on after-school projects together I knew you didn't have to, but I was happy to go along with the pretence.
- ◆ Last year, you said you loved the smell of Calvin Klein's Obsession, so I went out and bought some.
- ◆ I didn't tell you because it's not very macho, but in the 1990s I had some of my poems published.

### Zoë says

- ◆ It's true! I made out we needed to work together after school just so I'd have an excuse to flirt with you – I never realised you knew!
- ◆ If I know you're walking behind me, I try to wiggle my bum while I walk so you think I'm sexy.
- ◆ Six years ago I took part in an art exhibition where I had to play the drums – topless!

**Sounds like these two still have plenty more to find out about each other,** which they can do over a few glasses of wine from the two cases of Andrew Peace Masterpeace Gold Reserve Chardonnay they'll be receiving. This crisp wine is bursting with tropical fruit flavour and is perfect for drinking with BBQ food or simply chilled on its own. RRP £7.99, from Morrisons. Find out more about Andrew Peace wines at [apwines.co.uk](http://apwines.co.uk).



## Nice things to do this month:)

### On a rainy day

Give in to the kids' pleas and take them to the cinema during the summer hols – **Shrek Forever After** and **Toy Story 3** are both out this month (is it wrong for a grown-up to feel excited about this...?). Better still, go to a Vue cinema and you'll only pay 95p per ticket! Visit [myvue.com/kidsam](http://myvue.com/kidsam)



### Get baking

Get the girls round for tea and cake between 12 June and 12 July in aid of **Marie Curie Cancer Care's Blooming Great Tea Party** ([mariecurie.org.uk](http://mariecurie.org.uk)). The perfect excuse to bake our delicious



Victoria sponge (p133) and buy some pretty teacups.

### Want to hear a story?

**Joseph Fiennes** reading **Jane Austen** to you is only a click away. Go to [cartenoire.co.uk](http://cartenoire.co.uk), select your eye candy (Joseph, Dominic West or Greg Wise) and be seduced by your very own swoony *Jackanory* session.



### See a classic fave – live!

Re-enact the 'Daddy, my Daddy!' scene from **The Railway Children** at London Waterloo's old Eurostar terminal. From 4 July, it's being used to stage a show complete with steam train. Don't forget your bonnet...

### It's time to shop

July's traditionally the best month for end-of-season **sale shopping**. Need we say more?



### Forget Glastonbury...

...If you like your music complete

with a glass of fizz and vol-au-vent, **English Heritage Picnic Concerts** kick off on 26 June ([picnicconcerts.com](http://picnicconcerts.com)), with the likes of Jamie Cullum and Jools Holland. If you're more of a wave-your-arms-in-the-air-like-you-just-don't-care gal, **Bon Jovi**, **Paul McCartney** and **Rod Stewart** are all on tour from June.



essentials ★

YOU ARE  
AMAZING!

# Are YOU amazing enough to be a magazine star?

As you know, essentials is all about women like you – amazing real women – and we want to see more of you in the magazine, whatever your size, shape, colour, height or age! So read on to find out more...

## COME ON, DON'T BE SHY

Just like us you all have your body hates and bad hair days – well, the list is endless! – but don't let that stop you appearing in essentials.

## YES, YOU CAN DO IT!

So, we want to invite every one of you to come forward and volunteer to be an essentials star and appear in some of the features we've got coming up in future issues.

## YOU'VE GOT WHAT WE NEED

You might just be the one we're looking for to grace our fashion and beauty pages. You could be a budding Nigella and able to lend a hand to the food ed in our test kitchen or have an amazing story that you want to share with us and other readers in one of our real-life features.

## EVERYONE IS WELCOME

Rest assured, we're not looking for super-skinny catwalk models – far from it. This is every 'real' woman's chance to stand out and shine, and now is the time to get in touch.



This could  
be you!







They did it! These are just a few of the readers you've seen in essentials – they were a bit nervous to start with, but all agreed they had a brilliant time – and don't they look fabulous!

WE WANT WOMEN LIKE YOU!

## How to be an essentials magazine star

Okay, you're now feeling a bit more confident and thinking that this just might be a lot of fun so why not give it a go! Your next step is to go to our website at [www.goodtoknow.co.uk/essentials](http://www.goodtoknow.co.uk/essentials) for all the details. And that's it! Log on today... we can't wait to hear from you.



\*TERMS & CONDITIONS APPLY

worldmags & avaxhome





## Brights with white

Time for a change with well-cut white trousers – go for a pair with lining or in a good-quality fabric that's not see-through. Adding colour-pop tops and accessories will give you an edgy look – plus it's a great combo for showing off a fab tan!

Trousers, £35, 10–22, Freemans. Top, £10, 8–20, Matalan. Scarf, £10, Accessorize. Bangles, £6 each, Evans. Pumps, £60, 3–8, Ravel.

# The HOT HOT HOT list

Forget the boring T and shorts combo. Here's how to sizzle this summer – and look cool!



## Wow-factor prints

From funky florals to graphic stripes and everything in between, loud prints are huge this year and this sequin-trimmed top is a great way to wear the trend...

**Top**, £20, 8-22, F&F at Tesco. **Jeggings**, £16, 10-20, Tu at Sainsbury's. **Bag**, £15, Tesco. **Bracelets**, £6 each, Dorothy Perkins. **Blue stone chandelier earrings**, £9, Phase Eight.



## Flirty frills

Tick off the trend for frills with this chic dress – the colour keeps it grown-up rather than girly, and it looks as good worn over skinny jeans or leggings as it does on its own.

**Dress**, £35, 6-22, Dorothy Perkins. **Bag**, £22, M&Co.

**Cuff**, £10, Long Tall Sally. Gold shell **earrings**, £3, George at Asda.







**Pile on bright beads in lots of different colours to give simple separates a bit of drama**

## **Laid-back glamour**

Yes, chinos are back! Make sure you wear yours loose – even if you go up a size. Roll them up to just above your ankle, pop on heels, a tucked-in-top – and a slouchy blazer on cooler days – and you're all set. Trousers, £30, 8-16, House of Fraser. Top, £12, 8-22, Tesco. Necklaces, £7 each, M&Co. Shoes, £38, 3-8, Next.



## Must-have maxi

We love a maxi dress and this floaty version is top of our lust list! Wear it with flats and a cropped cardi, then glam it up for a night out with a pair of wedges and an armful of bangles – great for city breaks and beach hols alike.

Dress, £45, s-l, Accessorize.

Earrings, £8, Allusions at Bhs.

Bag, £45, Laura Ashley. Sandals, £29, 4-9, Lands' End.

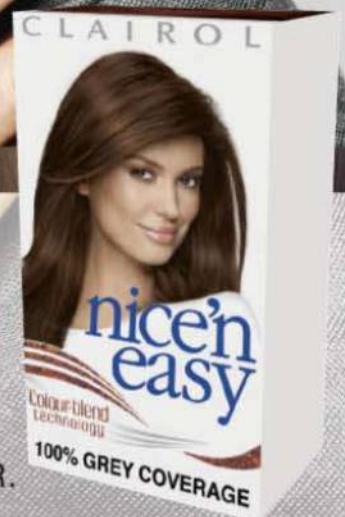


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# Love your new summer style



## Get a statement necklace

...looks fab and covers a crêpey décolletage – genius!

Necklace, £16, Accessorize. Sunglasses, £5, New Look. Satin vest, £29, 8-18, Very.

Do you spend most of the summer saying you can't wear this and that because of flabby arms, a big tummy or fat legs? Well, stop right now! We've got the solutions to keep you looking and feeling fabulous

## Wave goodbye to bingo wings

You could sweat it out at the gym – or you could take the easy option with one of these gorgeous tops. We know which we'll be going for.



Red chiffon blouse, £38.99, 8-16, Fever.

Floral floaty top, £19, 12-24, Bonmarché.

Belted print top, £60, 8-22, Monsoon.

Cream lace jacket, £35, 8-18, Debenhams.

## Buy the right shape shades

Bug-eyed and aviator styles might be trendy – but will they suit you?

### HEART-SHAPED FACE



Avoid heavy frames and go for a delicate style. These will accentuate your cheekbones and jawline. £5, George at Asda.

### ROUND FACE



Pick styles with square frames to slim down your face shape. £12, Jane Norman.

### LONG FACE



Round or square shades will create the illusion of a shorter face. £5, F&F at Tesco.

### SQUARE FACE



Soften an angular face with a curved frame and oval lenses. £25, Phase Eight.

### OVAL FACE



You can wear any shape you like (lucky you), so have fun with the latest trendy styles and colours. £12, Therapy at House of Fraser.



## Make your maxi work to the max

A maxi is your perfect wear-it-anywhere dress – just switch your accessories for a whole new look!

**FOR DAY...** Think gold gladiators, a straw shopper and a big, film-star sun hat.



Sunglasses, £14, Accessorize.



Straw hat, £25, Lands' End.



Straw bag with stud detail, £15, Tesco.



Gold sandals, £28, 3-8, asos.com.

**FOR NIGHT...** Get together statement jewellery, a glam clutch and colour-pop wedges and you're all set to impress.

Chunky bangles, £16 for two, Freedom at Topshop.



Wedges, £75, 3-8, Kaleidoscope.



Raffia clutch, £25, Accessorize.



Pendant, £35, Freedom at Topshop.



Maxi dress, £59, 8-16, M&S.

## tip Get brights right

Not sure if eye-popping colours suit you? Try this...

- ◆ Hold a potential purchase up to your face in natural light (use the mirror closest to the door of the shop) and watch what it does to your complexion. The right shade will make your eye colour stand out and won't drain your skintone.
- ◆ If you love a colour, but it doesn't love you back, just make sure you wear it away from your face!

## Whittle down your waist... in an instant!

Invest in a few bright skinny belts to give simple pieces a new-season edge.

Skinny belts, £3.50 each, TU at Sainsbury's.



Love colour!



Stripe dress, £30, 6-16, Therapy at House of Fraser. Woven belt, £5, Peacocks. Tan bag, £49, Fiorelli. Bracelets, £12, Accessorize. Tan sandals, £16, 3-8, Peacocks.



## How to beat the bikini blues!

Our string bikini days might be over, but with cover-ups as pretty as these, we just don't care!

Sarong,  
£14,  
8-20,  
Matalan.



Bandeau belted dress/top,  
£25, s-l, Accessorize.



Bandeau dress,  
£14, 8-22, TU  
at Sainsbury's.



Halter dress,  
£22, 12-32,  
Matalan.



Printed maxi, £40,  
8-18, asos.com.



Kaftan,  
£8, 8-20,  
Matalan.

Brilliant  
buy!



### Your short cut to keeping cool

It was love at first sight when we spotted these shorts! The pleated front and high waist manage to skim your thighs and make your waist look smaller at the same time – not bad for £15!

Belted shorts, £15, 8-22, TU at Sainsbury's. Satin shell top, £12, 8-22, F&F at Tesco. Wooden chain, £15, Butterfly by Matthew Williamson at Debenhams.

## Found – flattering shorts!

Leave the hot pants to the teens (yep, even if you have good legs!) and pick a pair of these figure-fixers instead...



Slim-leg city shorts worn with a tunic top will give you a slender line. £39.50, 8-22, Autograph at M&S.

Denim is great for pulling everything in – and you can roll this pair up higher if you're having a 'good legs' day! £12, 8-22, TU at Sainsbury's.



Culottes are back (yes, really!) and this pretty printed pair will skim over a big bottom. £35, 8-16, Fusion at Monsoon.

Flat-fronted and loose in the leg – this style is mega flattering if your thighs are a bit chunky. £15, 8-16, Alwear.





## Wear heels — without the pain factor!

Heels are hot, but limping along with a packet of plasters isn't! These wear-them-all-day midi heels give you all the glamour without the tears!



Chain detail **midi heels**, £32, 3-8, Dorothy Perkins.

Faux snakeskin-trim **shoes**, £45, 3-7, Autograph at M&S.

Patent **courts**, £25, 4-9, Viva La Diva.

Stud and buckle details **sandals**, £50, 3-10, Next.

Leather **wedges**, £45, 3-8, Clarks.

Zip-back **heels**, £14, 3-8, Matalan.

**Platform heels**, £40, 3-8, asos.com.

### tip How to wear white — if you're not a size 8!

Get it wrong and white will make you look two sizes bigger.

◆ For all the style, with none of the bulge, say no to anything clingy or stretchy and avoid lightweight fabrics on your bottom half.

◆ A pair of white bootcut jeans will hold in your tummy and a flattering empire-line top will boost your bust and skim your hips and bottom!

### Buy a bag you'll use all summer

Treat yourself to a bag that's big enough for the plane, beach or a day's shopping.

Woven **bag** with black strap detail, £34.99, River Island.

Simply chic



**Jeans**, £16, 8-22, TU at Sainsbury's. Cotton appliqué flower **top**, £45, xs-xl, Great Plains. **Beads**, £15, Daisy and Eve at Evans. **Bangle**, £10, Mood at Debenhams. **Silver sandals**, £12, 3-8, Primark.

## What to wear under your summer clothes

Ditch the trusty T-shirt bra — summer clothes call for a whole new underwear drawer!



### ...RACER BACK TOPS

This clever converter pulls your bra straps out of sight under cut-away styles. Bra-Dini **bra strap converter**, £3, Bhs.



### ...WHITE TROUSERS

Always wear skintone undies — this fab pair doesn't have side seams, so no VPL! Trousers **knickers**, £16, 8-22, M&S.



### ...SHEERS

It's not sexy, but this slip is perfect under sheers for creating an 'is-she-or-isn't-she' effect! Slip with built-in bra, £25, 34A-40D, M&S.



### ...PLUNGING NECKLINES

An ultra-low-fronted body will give you a killer cleavage with... no tell-tale straps. **Body**, £45, 32-38, A-D, Ultimo.



# instant updates

## Make last year's basics look new...

...with some bright and beautiful statement jewellery.



Butterfly drop earrings, £12, Dorothy Perkins.

Wooden bangles, £3.99 each, Internationale.

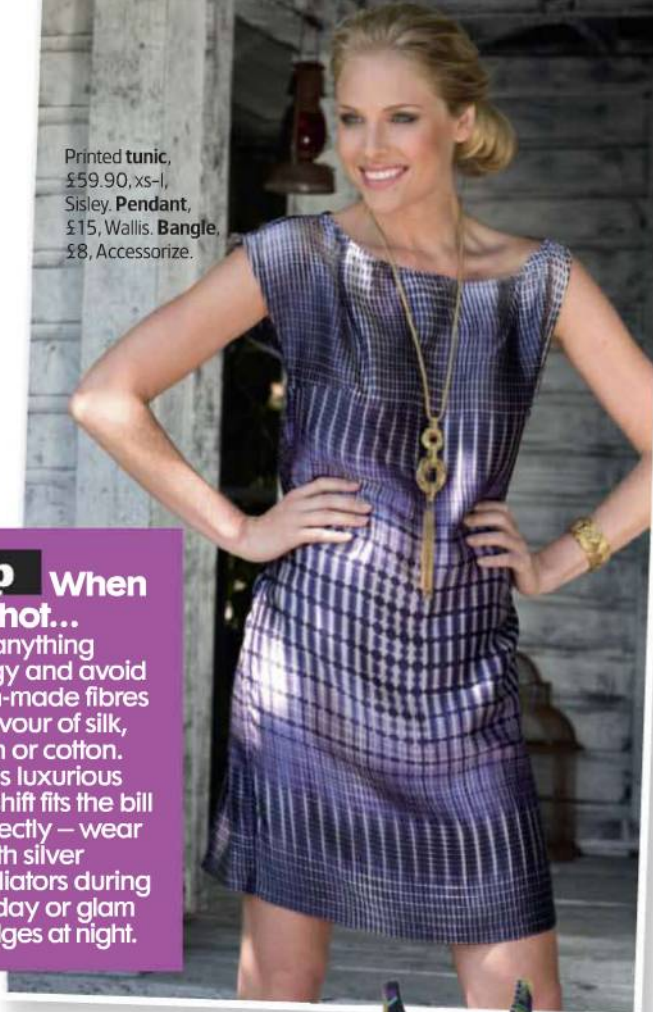
Cocktail ring, £15, Evans.

Beaded collar, £15, M&S.

Printed tunic, £59.90, xs-l, Sisley. Pendant, £15, Wallis. Bangle, £8, Accessorize.

## tip When it's hot...

Bin anything clingy and avoid man-made fibres in favour of silk, linen or cotton. ♦ This luxurious silk shift fits the bill perfectly – wear it with silver gladiators during the day or glam wedges at night.



## Fast ways to re-invent your black frouzers...



Black trousers, £29.50, 8-20, M&S.

### FUNKY PRINT

Lime clutch, £31, Ikandi. Pink corsage sandals, £55, 3-8, Moda in Pelle. Printed tunic, £45, 6-18, Alwear.



### TRY TRIBAL

Plaited gladiators, £49.99, 3-8, Tamaris. Black and white print kaftan, £10, 12-24, Bonmarché. Earrings, £14, Accessorize.



### COLOUR CLASH

Red vest, £19, 8-18, Give. Blue jewelled sandals, £35, 3-8, Ravel. Beaded collar, £15, M&S.





NEW

He looked at her intently  
and poured the espresso shot  
into the milky froth.

"A perfect cappuccino"  
she said, blushing.



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# Here comes...the guest!

Avoid the fashion crisis/ nothing-to-wear moment for that glam wedding, christening or party. Expect all eyes on you!

## Work an hourglass figure

- ◆ A chiffon jacket is the perfect way to bust bingo wings without overheating.
- ◆ Pick a flat-fronted knee-length pencil skirt to flatter a big bottom and hips, and wear heels.



Pale pink **skirt** with scallop hem, £60, 8-16, House of Fraser. Chiffon **jacket** with floral embroidery, £28, 8-18, New Look. **Camisole**, £12, 10-22, Tesco. Gold chain **necklace**, £35, Butterfly by Matthew Williamson at Debenhams.



**Alice band**, £25, M&S. **Bag**, £16, Alwear. **Nude heels**, £18, 3-8, Butterfly by Matthew Williamson at Debenhams.

## Chunky legs? Not any more!

- ◆ Maxis are back and the perfect way to keep less-than-perfect pins under wraps without resorting to trousers.
- ◆ The clever pleat detail on the front of this dress is a fab way of disguising a big tummy – and a lot comfier than magic knickers!



Butterfly-print **maxi dress**, £60, 8-20, Wallis. Gold **pendant**, £12, Daisy and Eve at Evans.



Gold **wedges**, £19.50, 3-8, M&S. **Purse bag**, £4, Primark. **Pashmina**, £30, Phase Eight.

## Slim down wobbly bits

- ◆ An all-over print will stop the eye resting in one place – great when you have more curves than you would like!
- ◆ Balance busy prints with simple separates like these skinny-fit trousers – great for giving a lean line under tunic tops.



Butterfly beaded **silk tunic**, £95, 8-22, Monsoon. Brown satin **trousers**, £18, 8-22, Tesco.



Coral feather detail **Alice band**, £20, Debenhams. **Cocktail ring**, £12, Dorothy Perkins. Gold chain-strap **bag**, £20, Accessorize. Gold zip-up **platforms**, £30, 3-8, Red Herring at Debenhams.



Whatever your shape, clever styling will always get you noticed

## Create some curves

- ◆ Tiers and ruffles are a sneaky way to add some curves to a boyish figure.
- ◆ Pick a tailored jacket that nips in at the waist to fake an hourglass shape.



**Alice band** with feather detail, £24, Accessorize. Satin **clutch**, £40, Phase Eight. Caged **heels**, £49, 3-8, M&S. Black pyramid **cuff**, £12, Wallis.

## Long and lean — no diet

- ◆ A long-line tunic will skim over a big tummy and bottom — try layering this one over a long-sleeve, slim-fitting top if you want to keep your arms covered up.
- ◆ Want a leggy look without wearing a skirt? Choose a pair of white bootcut trousers and wear them extra long over nude heels.



Tiered **tunic** with beading, £95, 8-18, Mint Velvet. White **trousers**, £35, 10-18, Wallis.

Studded **bag**, £49, Fiorelli. Studded **cuff**, £29.50, Bags of Sparkle. Gladiator **heels**, £22.99, 3-8, Internationale.

## Fix a pear shape

- ◆ Go for an empire-line dress with a dark colour on your bottom half to knock off inches where you need it most.
- ◆ Look out for high necklines with print or detail on the bust to balance out your shape.



Monochrome polka-dot **dress** with green bow sash, £69, 8-22, M&S.

**Alice band** with corsage, £29.50, M&S. Purse-style **clutch**, £55, Dune. Monochrome **wedges**, £45, 3-8, Kaleidoscope.

**tip** Invest in a pair of foldaway ballet pumps to stash in your bag — fab when your heels start hurting! Check out [comfypumps.com](http://comfypumps.com).



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*I used to have a staircase.  
But not anymore.  
You see, my stairs were a dull bare wood.  
Yawn.  
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To fame.  
My own little red carpet.  
In the mornings.*



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treat yourself

£15

Green gem-detail sandals, 3-8, Bhs.

£10

Red elasticated zip-back sandals, 3-8, Tesco.

£20

Gold studded cross-over sandals, 3-8, TU at Sainsbury's.

£26

Silver diamanté-detail sandals, 3-8, Beach by Melissa Odabash at Debenhams.

£12

Turquoise ruffle-front sandals, 3-8, Primark.

# Summer's sexiest flats

Glam sandals that are comfy enough to wear all day and into the night – our prayers have been answered at last!

£32

Swarovski-jewelled leather flip-flops, xs-l, Accessorize.

£12

Blue and gold thong-toe sandals, 3-8, New Look.

£12

Orange faux snakeskin sandals, 3-8, Matalan.

£25

Black gem-detail sandals, 3-8, Dorothy Perkins.

£25

Silver jewelled sandals, 2½-10, Next.

FEATURE: OLIVIA STODDART PHOTO: RYAN DAVIES

For stockists, see page 139





## A summer barbie that doesn't take until winter to clean.

Barbecues are supposed to be fun. But not when the grill's filthy. Wire wool, scraping and scrubbing seems to leave you covered in black stuff. Fairy Power Spray sorts all that. Just squirt it on and let it soften up the black burnt on grease for 10 to 30 minutes. Then simply rinse off for a shiny, clean grill. And don't worry if you run out of paper plates. It works just as well on the dishes!



**IT'S LIKE IT NEVER HAPPENED.**



# Fashion fixers

Style Director Lucy Turner reveals all the news hot from the high street



## HOT MAMA!

Being pregnant in the heat is no fun – I know, I've done it twice! But these smart buys will see you through summer and still look good after the baby arrives.



Top, £32, 6-20, Mamas & Papas.



Top, £24, s-l, JoJo Maman Bébé.



Dress, £40, 8-22, Next Maternity.



Maxi dress, £15, s-xl, F&F at Tesco.

## Pro in the know



George Davies, fashion supremo and founder of Next, Per Una and GIVE told us the three essentials he thinks we need this summer.

- ✓ A softly tailored jacket in a neutral colour to wear with a pretty dress or jeans – go for single-breasted if you're curvy.
- ✓ Shift dresses in bold prints – dress them up as occasion wear with heels and a clutch, or down for day in ballet pumps.
- ✓ Draping jersey pieces are key and keep problem areas under wraps – think waterfall cardigans and Grecian-style wrap tops.

Check out the latest range from George Davies at [give.co.uk](http://give.co.uk).

## 24hr shopper

Take a look at [allthatglitters.co.uk](http://allthatglitters.co.uk) for a fantastic range of hypoallergenic jewellery. You'll find everything from subtle studs to statement necklaces – delivery is free!

### WIN with essentials

We have four £25 vouchers for All That Glitters to give away. To win one, go to page 139 and tick ESSTREAT3 07 – you can enter by text and phone, too.



Pearl & diamanté ring, £25.

## Should you be wearing... clogs?

Love 'em or hate 'em, they're back in a big way, so if you fancy giving them a go, here's our advice...

- ◆ Heeled versions are hot, but after road testing them we reckon they're seriously tricky to walk in, so go for a midi heel.
- ◆ Never wear them with tights – they're impossible to keep on (too slippery on wood) and they look best against bare skin.
- ◆ Try pairing them with denim, rolled up chinos or pretty tea dresses for the trendiest look – think bohemian chic.



Our fave wearable clogs, £60, 3-8, Office.

## WANT ONE NOW!

I've got my eye on this gorgeous wafty, chiffony printed top from the latest Wallis collection. I hate getting my arms out, so this is a stylish way to keep them covered up.



Top, £38, 8-20; trousers, £32, 8-20; sandals, £27, 4-8, all Wallis.

## The Grace Kelly look in 3 buys...

The V&A museum is running a major exhibition on the supercool goddess. Give her chic '50s elegance a whirl with these...



'50s-style dress, £64.99, 8-16, Fever.




Screen-star sunglasses, £12, House of Fraser.



Elegant pumps, £45, 3-8, Moda in Pelle.





Niki as a little girl (inset, with her cousin Pam, 15) in the village she couldn't wait to leave as a teenager. Now she's fallen back in love with the place (main photo).



# Back to where I belong...

Growing up you probably couldn't wait to break out of the place you lived in. But would you ever move back? These readers did, and loved it...





## There's a memory to make me smile round every corner

**Niki Shephard, 40, is a personal relations manager. She lives in Heighington, Lincolnshire, with her husband Matt, 36, a bookmaker, and their son Sebastian, 3.**

My dad died when I was seven so my mum brought me up on my own. I was an only child, but I had plenty of friends and our little gang were always out on our bikes, building dens, or fishing and paddling in the local stream.

But Lincolnshire can be quite an insular place and as I grew up I became bored with it. It felt as though there was nothing to do. I was into music and going to gigs, but if we wanted to see live bands we had to travel to Birmingham or Nottingham, two or three hours away. Every week I'd buy *Smash Hits* and feel sick that everything was happening in Manchester or London and we were stuck out in the back of beyond.

In my early 20s I took a job with Eurocamp. In the summer I worked in France, but in the off season I was based in Manchester in their head office.

My first winter in Manchester opened my eyes. I went out and nearly fainted with excitement! There were so many clubs and bars with people everywhere; I had no idea a place could be like that. I went clubbing at least three or four times a week while I lived there – something that would have been impossible in Lincoln.

I loved Manchester, and was in no rush to go back to Heighington. I'd go and visit my mum, but always tried not to stay too long – life elsewhere was too exciting to miss.

I moved from Manchester to London when I was 27, but after a day trip to Brighton I fell in love with the place and eventually bought a one-bedroom flat there. Brighton had everything I loved – great bars, wonderful restaurants, exciting shops and a real buzz to it.

When I was 28, I got back in touch with an ex boyfriend, Matt, on *Friends Reunited*.

When we dated before, he'd left me and I was heartbroken, but this time it was different. Within a year we were married and a year later I was pregnant with Sebastian.

Because we needed more space, Matt suggested moving back to Heighington, but I wasn't at all keen on the idea. Compared to Brighton, Heighington was boring, uncool and everything I wanted to get away from. However, whenever we went to visit Mum, Matt would scour the property pages of the local paper and we quickly realised that in Heighington we could afford a four-bedroom house with a garden for less than the price of our one-bedroom flat in Brighton. So, reluctantly, I agreed to go back, but just for one year – my heart was still in Brighton.

But when we moved back in December 2006, I saw the old place through different eyes. There was so much open space to go walking in, and every day I'd take Sebastian out and point out streams I'd gone fishing in or places I'd built a secret den.

There seemed to be a memory to make me smile round every corner. People would

When we moved back, I saw the old place through different eyes

stop me in the street to say hello because they knew me when I was little, and so many commented that Sebastian looked just like me when I was a baby.

I soon fell in love with Heighington. Now, when I stand at the bus stop waiting for a bus into Lincoln, I remember my 16-year-old self who stood there more than 20 years earlier waiting for the same bus, sneaking a cigarette. When I walk to the football field where my friends and I used to drink Merrydown cider, it makes me smile, too.

I have a whole support network here, too. Not only my mum, but uncles and aunts and friends I used to go to school with. Betty, who still works in the local post office, always gives Sebastian a free gingerbread man just like she gave me when I was a little girl. And Sebastian is about to start the same school that I went to when I was his age – and he'll even have the same teacher as me.

I never wanted to come back here, and when I did I only intended to stay for a year, but now I've realised I don't want to leave.





# On bedtime reading

TV. DVD. SET-TOP BOX.  
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IS THERE ANYTHING ELSE?

BEDSIDE LAMP?



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I thank my  
lucky stars  
I moved back  
to Arundel

## It's the people who make the place

**Alexandra Thomson, 33, lives in Arundel, West Sussex, with husband Jon, 42, a builder and their children Olivia, 5, and Georgia, 3½.**

We moved to Arundel when I was 10 and since I'm one of four girls, our arrival caused quite a stir. Growing up, I drank and smoked like any other teenager, but whatever I did always got back to my parents. There seemed to be a pact to keep an eye on all the local kids and report back. We managed to get away with some things, though. My first job, at 14, was in a bakery – I earned £1.77 an hour and was left in charge for hours on end, so I'd let all my mates have free bacon and cheese puffs! When I was 17 I got a job in the local pub. All my friends used to come in to drink there, and we had a great time.

Then, suddenly I seemed to look up one day and all the people I'd grown up with had gone to university or moved away to take up a job. I felt as if I was surrounded by older people or kids who were younger than me, and I didn't fit in any more.

What had been a great place to live had become boring overnight – even claustrophobic. I began to hate everything, from the flood of tourists to the castle to the small-town gossip.

So, I set off to university in London. Life in a big city was definitely exciting. After studying costume and drama I set up my own props company, but never got it off the ground. I needed advice, but had no one to turn to.

Then I broke up with my boyfriend of three years, and the small amount of stability I had was taken away. I headed back to Arundel after six years away, feeling tired and fed up; I never left.

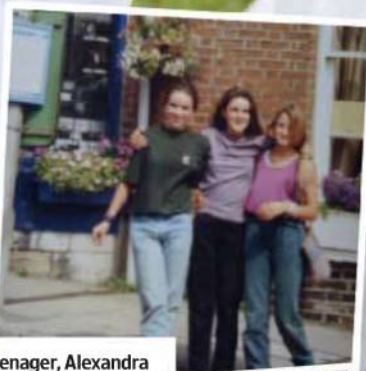
It was lovely to be back near my family and the people I'd grown up with, where everyone knew my name. What had felt claustrophobic seemed cosy and familiar. In 2005 I married Jon, a local man, and then I knew I was in Arundel to stay.

I started my own business, a camp site where holidaymakers can just arrive and have everything provided. I couldn't have done it without the help of everyone here in Arundel. And I thank my lucky stars I moved back.

Now I see my daughters growing up with the same small-town experience I had. The local shopkeeper even has special shopping baskets with their names on them. No doubt one day they'll feel like I did, but I hope they'll eventually appreciate all it has to offer – just like me.

◆ For more info about Alexandra's camp site, go to [billycancamping.co.uk](http://billycancamping.co.uk).

As a teenager, Alexandra (centre, with her sister and friend and, below, at the bakery) loved Arundel, but left as a young adult. She's now back to stay and has set up her own business.





I'll never regret coming back...  
Cornwall is where we'll stay now forever

Catherine and her brother had an idyllic childhood making the most of Cornwall's fabulous coast – she always yearned to return with her own children.



## I struggle if I live too far from the sea

**Catherine Harvey Jefferson, 45, an artist, lives in Penzance, Cornwall with her husband Valentine, 46, and their two sons Felix, 15, and Ralph, 13.**

As kids, my younger brother Jonathan, now 43, and I were always in boats. My parents were teachers, but keen sailors, so every school holiday we would sail our boat round the Cornish coastline, over to the Isles of Scilly and even to Ireland.

My parents were strict, but also quite bohemian and I never really fitted in at school. I didn't have a Cornish accent and as I got older I was never around to go out drinking with other people my age because we were always sailing. A few local people

thought my parents were quite strange, and I often wished we lived somewhere bigger so we could enjoy some anonymity and I wouldn't stand out so much.

When I went away to art college in Winchester, I really let my hair down. I started to go to parties and enjoy myself in a way I'd never done before. But despite revelling in my new-found freedom, I really missed the sea. I loved everything about it – the sound, the smell, the salty taste in my mouth whenever we were near it.

I met Valentine and we began working together repairing mosaics while I also worked as an artist. When I was 25, we moved to Albury near Guildford because there was more work, but it was always hard for me to be so far from Cornwall.

We went back as often as we could and deep down I knew I would go back there one

day, it was just a matter of when – and the natural time to do it came as our eldest son Felix was about to start senior school.

We moved back four years ago and we've never been happier. The boys have settled in really well and love sailing. Last summer, we borrowed a boat and took them out on the river Fowey and around the Falmouth coast to the harbour – the exact route my parents used to take me when I was their age.

I'm thrilled that they're getting the same experiences as I had growing up – roaming around the Cornish coastlines, sailing and surfing. I'll never regret coming back. I enjoyed my time away, but Cornwall is where we'll stay now forever.

◆ **Catherine is exhibiting her work at The Great Atlantic Gallery, St Just, [greatatlantic.co.uk](http://greatatlantic.co.uk). Or visit her website at [catherineharveyjefferson.com](http://catherineharveyjefferson.com).**

FEATURE: DEBBI MARCO. PHOTOS: PAUL CAHILL. HAIR & MAKE-UP: AMANDA CLARKE. NIKI WEARS: TOP: MONSOON; NECKLACE: JEANS; M&S; WELLIES: JOULES



FROM RAINDROP TO BOTTLE

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# When he wants more kids ...and you don't



What happens when you and your husband disagree on the size of your family? Rachel Halliwell, 41, has three beautiful daughters, Bronte, 15, Merrily, 12, and Bridie, 4, and doesn't want any more. Unfortunately, her husband Carl, 46, does...

**A** couple of my friends are feeling broody, but their husbands won't even discuss the possibility of having another child. These sensible men are delighted the sleepless nights and endless nappies are behind them.

How I wish my own husband Carl felt the same, because in our house he's the one who's desperate for me to be pregnant again. But I can't think of anything worse.

As a couple, we agree on politics, take an equally firm stand on disciplining our kids and share the same taste in décor. But we just can't agree on whether our family is complete with the three beautiful daughters we already have.

I make a point of reminding Carl that he will be about to claim his pension by the time our youngest, Bridie, leaves university. And, recently, I read in a newspaper that the average cost of raising a child to the age of 21 is now £200,000. That figure stuck in my head. Multiply it by four, and you'd think he'd see sense, but he insists we'd find the money from somewhere.

Meanwhile, Carl would be the first to tell you that living in a house with four females, aged from 4 to 41 – and the accompanying

hormones, teenage dramas and toddler tantrums – is what turned him prematurely grey. Yet this does nothing to dampen his longing to add to our progeny.

'Having a baby in the house helps to keep us young,' he says, and it drives me mad that he conveniently forgets how incredibly ageing the sleepless nights and endless breastfeeding are. But

then, he does have a talent for sleeping through the deafening screams of a hungry baby, so I shouldn't really

be surprised that his recollections of caring for a newborn are rose-tinted... to say the least!

## Just one more, Mrs H!

Our first daughter wasn't even out of nappies when Carl pleaded with me to start trying for number two, and was thrilled when I delivered a second daughter. 'Let's have one more,' he said, when Merrily was ready to start school.

But for me, going back to babydom was just too daunting. I explained that, much as I adored my children, with them both at school, being a working mum would finally be less of a struggle. But as much as Carl would nod as though he understood, he never gave up.

'Everything would fall into place,' he'd say. 'We'd manage.'

Then, four years ago, I fell pregnant by accident. Carl was thrilled; me, less so, until I finally held Bridie in my arms, when of course I was smitten. By this time, we were 'older' parents and the truth is we found it exhausting. So, it was to my immense relief and eternal gratitude that Carl agreed to have a vasectomy.

Conveniently though, it would appear, that's yet to happen. For, just as Bridie is about to start school, Carl is back to pleading for 'just one more.' He sends me emails and leaves notes on my pillow. They are sweet and heartfelt. 'Boy or girl – I really don't care,' he writes. 'We make such beautiful babies together.'

He's got emotional blackmail off to a fine art, but I'm afraid I'm hardened to it. If we did have another baby, it'd be me who'd go through pregnancy, birth and the constant nappy changing.

I feel blessed with what I have... I don't need more children to make me feel complete. I suppose I just have to switch off to the fact that Carl doesn't share that feeling, and comfort myself with the thought that he'll make a lovely grandpa one day.

## And what does Carl have to say?

'Rachel says that we're too old to have another child, and that it's time for me to accept it. But I feel sad that we'll never again wake to our newborn baby asleep in a crib at the side of our bed.'

I'm not convinced I'll never again witness another baby of ours coming into the world, and experience the joy of raising that child. And for as long as that remains a possibility, I'm not giving up trying to persuade Rachel that we really should have just one more.'

**'His recollections of caring for a newborn are rose-tinted... to say the least!'**

Proud dad-of-three Carl wants to make it four...





# What gets you in the mood...or not!

Once a day, once a week or once in a blue moon? What is it that makes us want sex – or avoid it – after the first flush of passion has faded? Is it a look, a word or a kind gesture? Or the promise of a trip to Ikea the next day?

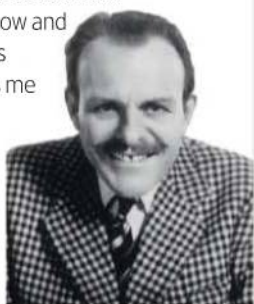
## A wedding? Hel-lo!

**LYN WEST, 39**, is a stay-at-home mum from St Albans, Hertfordshire. She has been married to Tony for ten years and they have three children.

**Yes please** A good wedding always seems to do the trick for me. Maybe it's because I'm a romantic and it reminds me of our own ten years ago, when we still couldn't keep our hands off each other. Or maybe it's the nice hotel and the Champagne. Or it could just be a night away from the kids. Whatever it is, it does feel like falling in love all over again.

**No thanks** Tony has a dreadful look that he gives me when he fancies sex.

He arches his eyebrow and lifts the corner of his mouth and it makes me feel like I'm married to Terry-Thomas. It never works and I don't know why he hasn't learnt that yet.



## Retail therapy

**CLAIRE DAVIDSON, 40**, is a catering manager from Leeds. She has been with her partner Alistair for five years and they have one daughter.

**Yes please** I'm rather ashamed to have to admit this, but when Al and I have been out shopping on a Saturday afternoon and he's feeling generous and treats me to some new clothes, or maybe a pair of shoes I've

had my eye on, we usually end up having a bit of love action that night.

**No thanks** Just being too damn tired is a passion-killer for me! Looking after our young daughter after being at work all day leaves me feeling totally drained. It's sad, but just the thought of sex at that time makes it feel like it's the last job of the day – a chore too far. And particularly if I've got a good book on the go... forget it!



The lights are low, the wine's on ice and you're feeling flexible – tonight's the night!



## Missing you already!

**JO WALSH, 42, of Halifax, west Yorkshire, is a housewife. She's been married to Mike for 13 years and they have three children.**

**Yes please** When Mike's going away for work and we'll be apart for a few days, we always make love the night before. That way, he leaves with a smile on his face and I don't have to worry about him meeting anyone when he's away!

**No thanks** Having the in-laws to stay! There's nothing quite like knowing his mother is in the next room to put a stop to any naughtiness.

## Falling in love again

**JANE BROWN, 37, is a marketing executive and has been married to Jason for three years. They live in Wandsworth, London.**

**Yes please** When we have a night out I fall in love with Jason again. Holding hands on the way home feels like we're back on our first date, and making love is a wonderful end to the evening.

**No thanks** Sometimes I'll go to the gym before work. The night before, I'll go to bed early so I can wake up easily and there's no way he's disturbing that.

## Sunday's best

**KATE DAVIES, 44, works in recruitment and lives in Hoylake, Wirral.**

**She's been married to John for 14 years and they have two children.**

**Yes please** 'How's-your-father' isn't exactly a regular occurrence anymore, but Sunday morning lie-ins often end up with us making love. It's a combination of him looking quite cute in his pyjamas with his ruffled hair, and the fact that the kids leave us alone because the TV is on.

**No thanks** When he's been at the pub with his friends, and after the compulsory stop at the kebab shop, he climbs into bed professing his love and then assumes the smell of beer and grease is going to get me going. Luckily, it doesn't take long for the snoring to begin.



## Home alone

**Council worker KATHERINE BROWN, 42, lives in Cheltenham, Gloucestershire, with husband Mark and their three children.**

**Yes please** On rare Saturday afternoons when the boys are all out doing sport and we realise we're on our own for a few minutes, we always seize the moment to dash upstairs. Even after being together for many years, Mark and I still both really enjoy making love, so these impromptu romps feel like a gift.

**No thanks** If Mark has been away working in London all week he'll come home on Friday night expecting a cuddle (and a bit more). It doesn't occur to him that I've been a single parent all week, helping with homework, cooking, driving the boys here, there and everywhere. Quite frankly, I'm much too shattered to swing from the chandeliers.



**Squinting a little to make him look more like George Clooney doesn't do any harm!**

## It's a date!

**KAREN HUNTLEY, 33, is a dentist from Woking, Surrey. She's been married to Simon for six years. They have two children.**

**Yes please** Tuesday - it's our date night. We get home from work bang on time and put the kids to bed early. Then we'll have dinner together, share a bottle of wine and head upstairs early. It's something we both look forward to, and if we didn't plan it I'm sure we'd never get round to it!

**No thanks** Whenever one of the children is ill, I'm usually the one who gets up in the night to look after them. Sometimes Simon dares to start nuzzling my neck the minute I've settled back into my beloved bed. He soon gets the message with a sharp elbow in the ribs!



## Jump to the beat!

**SARAH KERRY, 41, is a clothes shop manager from Manchester. She and Keith have been together for 12 years. They have two daughters.**

**Yes please** Usually a night in with wine and some pop-tastic music - Ellie Goulding did it last time! Also, squinting a little to make Keith look more like George Clooney doesn't do any harm.

**No thanks** Him trying to grapple my breasts first thing has me fending him off so I can go back to sleep. Poor man!

## Young at heart

**HR officer FIONA ROBERTS, 43, from Stratford, Warwickshire, has been married to Guy for 19 years and has two children.**

**Yes please** It only takes a few Martinis to get me in the mood, and that usually happens when I've been out with my friends. I'll totter home in my high

heels feeling like a 20-year-old again. It's easy to forget my stretch marks and saggy bits, and even easier to jump on Guy as soon as I see him.

**No thanks** Guy and I go to bed at different times so I'm usually fast asleep when he comes up after watching some late-night re-run of *Top Gear*. It's always the same. He stage-whispers, 'Are you awake, Fi?' And I answer, 'No, I'm bloody not!'



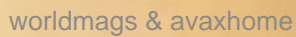
## No socks, please...

**Social worker VICKY WILKINSON, 53, from Maida Vale, London, has been married to Gerald for 29 years and they have three grown-up children.**

**Yes please** The kids have all left home now, Gerald's part-retired, so we've got the house to ourselves. Sometimes I'll just look at him and think: Oh, yes! Our love-making is much more frequent now we're on our own and we regularly have a bit of 'afternoon delight'.

**No thanks** Watching Gerald take his socks off last thing at night often has the effect of dampening my ardour.







# If you put one item in a time capsule what would it be?

You can choose any treasured item you like, as long as it shows future generations what your life is all about now



## My mobile phone

It has all the names of my friends and family, as well as pictures – from my sister's first baby to my

dad's 60th. It also has lots of messages, such as dinner plans with Mum or jokes from friends. It's the perfect way to show people what my life is all about.

Rosie Smith, 31, Bradford



## A BLUE CRUCIFIX

When I was five, Mum put me on a plane from Zambia and sent me to live with my dad in England. I'm mixed race, and she thought it would be easier for us both if I lived here. I never saw her again. All I have of her is a blue crucifix and I'd like the world to know I'm proud of where I come from.

Clare Gee, 34, London



## Estate agent details

I'd put in the leaflet about the first house I bought. It was 1997 and it cost me just under £30,000. I transformed it and sold it seven years later for £70,000. I thought that was an astronomical figure to sell a house for, but in the future it will be peanuts. It's a historical document.

Colette Potts, 40, by email

## A CARD...

...my boyfriend Gary gave me when I was pregnant with our son. It reads: 'To my beautiful Nooster, I am so proud that you are my girlfriend and the mother-to-be of our little Lucas. I love you with all my heart. Brisc.' Yes, those are our nicknames! It's massively corny, but it means so much to me and will always be there to show Lucas, now four, how loved he was.

Nicola Marshall, 42, Knutsford



## Red Kurt Geiger six-inch heels!

They're a work of art, they cost a bomb and deserve to be preserved. I'm 5ft 3in

and they have changed my life.

Claudia Crawley, 54, South London

## MY LEVEL 2 MATHS CERTIFICATE

I wanted to be a PE teacher when I was at school, but you needed Maths and I'd failed it miserably. I ended up a geriatric care assistant, but four years ago it was time to prove myself. I went to night school and finally earned a Maths qualification. It might teach future generations – including my sons – not to take education for granted.

Carol Killock, 47, by email



## MY WEDDING SCRAPBOOK

My husband Simon is in the RAF and I had to plan most of our wedding as he was in Kosovo. The book has scraps of fabric from dresses and table settings, and receipts. It was the happiest day of my life and I want to be able to share it with my children in years to come.

Michelle Brown, 36, Elmet, Yorks



## A milk bottle-top presser

I grew up on a farm in the 60s and my job was to press the tops onto milk bottles.

The bottles had been filled with milk from our cows and I had to put on green tops for normal milk and gold for Channel Island milk. I'm not sure how many small farms will survive in the future, and I'd hate my childhood and our farming methods to be forgotten.

Sundy Gilchrist, 49, Leeds



## Paper and pen

Good old-fashioned penmanship is

becoming outdated, and in this digital age may soon be long forgotten. I've spent my adult life scribbling, and feel it's in need of preserving.

Emma Jones, 37, Altrincham





**99**  
feel-good  
**TIPS**

# Your summer of guilt-free pleasures

Don't feel bad about feeling good: every one of these pleasures does you – or the world around you – a huge favour!

## 6 feel-good treat yourself buys

**WHY?** Because Fairtrade buys won't just make you feel good, they'll help people in the Third World, too. It's a win-win situation!



**1** Tuck into **Milk Chocolate Hearts** from Divine, £2.99 for 125g, made from Fairtrade cocoa in Ghana. Go on, you could even buy a couple of packs. From [divinechocolateshop.com](http://divinechocolateshop.com) and supermarkets.

**2** Cafédirect, the Fairtrade coffee company is giving away coriander, basil and parsley seeds with **100% Fairtrade Rich Roast ground coffee** packs, £3.19 for 227g, in supermarkets.



**3** Check out [peopletree.co.uk](http://peopletree.co.uk) for a great line in Fairtrade fashion. We love this wear-and-wear-again **Rio Stripe dress**, £48, 8-16.



**4** With Wild Organics Bath and Body Care, 10% of profits go to Freedom From Fistula Foundation. From £12.50 for **Mellow Peppermint Hand Wash** at [wildorganicsbeauty.com](http://wildorganicsbeauty.com).



**5** This **Sarah Smith 'Moo' shopping bag** is made from 100% Fairtrade certified cotton. It'll look the business when you go shopping, and is ideal for the beach. £14.99 at [sarah-smith.co.uk](http://sarah-smith.co.uk).



**6** Ben & Jerry's ice creams are fully Fairtrade, with the latest addition to the flavour family being **Fairly Nuts** – delicious caramel ice cream with praline and almond clusters and caramel swirls. £3.99 for 500ml, from supermarkets.



# 10 HAPPY SOUNDS TO HAVE ON YOUR IPOD

**WHY?** It's a scientific fact!

A psychologist worked out pitch + % of happy lyrics + tonality + beats per minute + associated nice memories = a serotonin level that makes you happy! We reckon these fabulous songs fit the bill:

## THE BOO RADLEYS

*Wake Up Boo!*

## THE BEACH BOYS

*Good Vibrations*

## JACKSON 5

*I Want You Back*

## THE BEATLES

*Here Comes The Sun*

## VAN MORRISON

*Brown-eyed Girl*

## THE FOUNDATIONS

*Build Me Up Buttercup*

## MICHAEL JACKSON

*Wanna Be Startin' Somethin'*

## JOHN PAUL YOUNG

*Love Is In The Air*

## THE DARKNESS

*I Believe In A Thing Called Love*

## MADONNA

*Holiday*

# 6 readers' unguilty pleasures...

**WHY?** Because we wanted to know what makes you happy without feeling bad. Here's what you said...

✓ **'The sound of a wine bottle cork popping at 8pm on a Friday. That's the end of the working week: my 18-month-old and 3-year-old are in bed, and it's time to relax. I've earned it!'**

Katherine Daniels, 36, Shropshire

✓ **'Wearing sexy, feminine undies. Even when I'm doing the school run or going to work. It makes me feel that I haven't let myself go, however tired or stressed I am!'**

Susan Lewis, 43, Cardiff

✓ **'Painting my toenails a wild colour. It makes me smile – and anyone else who happens to look at my toes!'**

Helen Barker, 41, Essex

✓ **'Letting my husband bond with our children – ie leave him alone with them for a couple of hours – while I head to the gym for a run and a sauna. It's good for us all... really!'**

Lianne Davis, 44, Dorset

✓ **'Planting sunflower seeds with the kids in the garden, and watching the plants grow. Seeing the wonder on the children's faces is a joy.'**

Marilyn Price, 37, Wiltshire

✓ **'When the latest issue of *essentials* comes through my letterbox with a THUD! Woe betide anyone who interrupts me for the next few hours!'**

Carol Owen, 34, Perth



Get down with the kids – it'll do you good, honestly!

# 8 ways to lose the stress

**WHY?** It's not good for us, so, for the sake of our sanity, we need to play more.

'It's good to pretend you're six again,' says Cary Cooper, Professor of Psychology at Lancaster University. 'Releasing our inner child is good, as we lose the ability to have fun as we get older,' he explains. So, copy your kids and try these:

- ◆ Lie on the grass with your loved ones. Look up at the sky and see who can come up with the best cloud shape.
- ◆ Jump in muddy puddles – borrow a toddler, if you haven't got one, and revel in their devil-may-care approach.
- ◆ Play hide-and-seek...or sardines...or murder in the dark!
- ◆ Do some finger-painting. Wipe the (washable!) paints all over the kids' trousers, and see how THEY like it!

- ◆ Have a water fight (hosepipe bans permitting. Although after the last two dire summers, who are we kidding?)
- ◆ Friends coming round for dinner? Get out the wine and have a laugh with a game of musical chairs and/or statues.
- ◆ Wind up your teenage son, and see how HE likes having tricks played on him. You could nick a traffic cone, put it in his room, then demand to know how it got there.
- ◆ Play frisbee (it'll keep you fit, too!)



## 8 GOOD WEEPIES

**WHY?** Because letting it all out is good for our psychological well-being, and we should do a lot more crying.

According to research, a good cry improves the mood of 88.8% of weepers, with only 8.4% feeling worse. The reason? Scientists believe the chemicals that build up during a stressful time are released in tears. So, feel free to indulge in these:

### Read

◆ **MARLEY & ME** John Grogan (£7.99, Hodder & Stoughton). Loveable mutt wins over family, who become as devoted to him as he is to them. You just know it'll all end in tears.

◆ **MY SISTER'S KEEPER** Jodi Picoult (£7.99, Hodder Paperbacks).

The story of a child conceived to be a genetic match for her sister who has leukaemia. It's riveting, moving stuff.



### Watch

◆ **BEACHES** Classic chick-buddy-flick. When Bette Midler sings *Wind Beneath My Wings* after her best friend dies, we defy you not to crumble.

◆ **GHOST** Oh, Patrick Swayze, we miss you! And so does Demi Moore in the clay fingered tear-jerker.

◆ **TITANIC**

Especially the bit when the old couple are on the bed holding hands as the ship fills with water.

### Listen

◆ **ALL BY MYSELF** (Eric Carmen, 1976) Since seeing *Bridget Jones*, we can't help smiling when we remember Bridget miming to this. Still good for a sob-fest, though.

◆ **THE WINNER TAKES IT ALL** (Abba, 1980) When Agnetha sings, 'But tell me, does she kiss... like I used to kiss you?' grown men's lips have trembled.

◆ **SEASONS IN THE SUN** (Terry Jacks, 1974). If the dying young man's ode to the loved ones he'll leave behind doesn't make you howl, the earworm chorus – 'we had joy, we had fun' – will.

## 10 FUN WAYS TO GET FIT

**WHY?** Because you'll look better, live longer and feel happier – and have a great time doing it.

**DANCING 143 cals**

(in a frenzied disco fashion – better draw the curtains!)

**SKIPPING 254 cals**

(at a moderate pace)

**CYCLING 127 cals**

(at a leisurely pace)

**BOWLING 95 cals**

**SWIMMING 254 cals**

(at a leisurely pace)

**Doing the following Wii Fit**

**DON KING BOXING 180 cals**

**ALL-STAR CHEERLEADER 177 cals**

**TENNIS 170 cals**

**Doing the following**

**Rock Band activities**

**PLAYING ROCK-STYLE GUITAR**

**STANDING UP 125 cals**

**PLAYING DRUMS 125 cals**

All calories burnt are based on a woman who weighs 140lb doing each activity for 30 mins.

## 6 fab smells to enjoy every day

**WHY?** Because smell is your most powerful sense, making you feel happy,

### 1 HEAD START

Wake up your hair with a deliciously scented yogurt and fruit combo (trust us: the scent puts a smile on the weariest of morning faces, and the products do the job). **Schwarzkopf Supersoft Smoothie Shampoo and Conditioner**, £1.89 each, from chemists.

### 2 NATURE'S BEST

To kick start the day, energise your whole being with **Oleo Bodycare's Exhilarating Shower Gel**, £7.50 from oleobodycare.co.uk. It's all down to a winning combination of the essential oils of pine, lemon, rosemary and peppermint.

### 3 GO GIRLIE

For a simply lovely feminine fragrance, there's **Soap & Glory Clean Girls Body Wash**, £5.50, from Boots. Ingredients include bergamot, freesia, blackcurrant, musk, magnolia and vanilla. And, as it has a built-in moisturiser, that's one less job to do!

### 4 HEAVENLY SCENT

Your armpits can smell divine! Especially when sprayed with **Weleda Wild Rose Deodorant**, £8.95 for 100ml. Chemical-free, with oils of neroli and rose – aromatherapists often use it to raise the spirits – it smells good enough to double up as a body spray.

### 5 SILKY SOFT!

**Veet's Suprem' Essence Hair Removal Cream**, £4.23, from chemists. contains essential oils and has a lovely rose fragrance. Enjoy smooth, gloriously scented legs all summer long.

### 6 PURELUXURY

A perfect way to end the day is with **Malki Dead Sea Genuine Bath Salts**, £6.99, from Boots. The luxurious scent of frankincense and rose petals makes for a gloriously relaxing and calming soak that doesn't cost the earth!







Sun, sea and sand... a surefire way to enhance the feel-good factor

## 7 fun food combos

**WHY?** Because your tongue has 10,000 tastebuds, and if you give them something to sing about, you'll feel a lot happier, too.

Chef Paul Wedgwood, who owns the acclaimed Wedgwood The Restaurant on Edinburgh's Royal Mile, is an expert in unusual combos: 'We have five tastes: sweet, salt, sour, bitter and savoury. The first four in low levels enhances another; sweet watermelon and salty feta, for example.' Also try:



- ◆ **Marmite and avocado**...honestly, spread them on toast for a delicious marriage of salt/sweet and creamy.
- ◆ **Strawberries with a sprinkling of black pepper.**
- ◆ **Carrots cooked in orange juice.**
- ◆ **Caramel or chocolate (or both!) with a sprinkling of sea salt.**

Paul's own specialties are: ◆ **duck with rhubarb** ◆ **pork with clams** ◆ **cod with lavender!**

## 7 ME-TIME READS

**WHY?** Because research says getting stuck into a good book relaxes you more than a glass of wine, boosts your memory and makes you smarter!

- ◆ **LITTLE WOMEN** Louisa M Alcott (£2, Penguin Popular Classics). The original chick-lit novel, it's still fresh after 150+ years. Well worth a re-read for those who've read it before; and if you haven't yet – why not?
- ◆ **REBECCA** Daphne Du Maurier (£7.99, Virago Modern Classics). This story has got everything: love, passion, mystery, jealousy, smouldering hero; evil housekeeper... a classic for a reason!
- ◆ **THE BLIND ASSASSIN** Margaret Atwood (£8.99, Virago). If you only ever read one Booker prize-winning novel, make it this. The heartbreaking tale of love and betrayal between two sisters will blow you away!
- ◆ **GIRL IN THE WOODS** Jennifer McMahon (£7.99, Sphere). Eerie and riveting – this new read, about a group of girls and tragic death, will get you hooked from its very first line.
- ◆ **SEX AND THE CITY** Candace Bushnell (£7.99, Abacus). It's so easy to forget that the adventures of Carrie *et al* actually started off in novel form. Sit back and enjoy the ripping read that started it all.
- ◆ **ADRIAN MOLE** *The Prostrate Years*, Sue Townsend (£18.99, Michael Joseph). The return of everyone's favourite diarist: Adrian Mole is now 39-and-a-quarter, and reduced to living in a detached converted pigsty next to his parents' home. His marriage is on the rocks, and, to cap it all, he has a problem with his waterworks...
- ◆ **MISADVENTURES OF A BIG MOUTH BRIT** Piers Morgan (£7.99, Ebury). Mr Morgan spills the beans on what happened when he crossed the pond to be a judge on *America's Got Talent*. Featuring meetings with Cheryl Cole and Jay Z, along with some A-lister scandals!





## 4 CULT TV SHOWS TO ENJOY OVER AGAIN

**WHY?** Because watching feel-good TV programmes is so comforting in these rather uncertain times.

◆ **Howards' Way** Our equivalent to *Dallas*: think boats, big hair and even bigger shoulders! Relive Jan Howard's rictus grin and power dressing suits and Jack Rolfe's battle with booze ('I'm not selling the bloody boatyard'), with the first series on DVD; £12.99, Amazon.

◆ **Doctor Who**... before it became fabulously slick. If you go to [bbc.co.uk/doctorwho/classic](http://bbc.co.uk/doctorwho/classic), you, too, can experience the hilarious special effects (killer plants; scary blokes with one eye) and the lovely Tom Baker with his stripy scarf.

◆ **Basil Brush** Fans of the original 70s' series are in for a treat at: [bbc.co.uk/cult/classic/basilbrush](http://bbc.co.uk/cult/classic/basilbrush) – just click on the link and hear Basil's cheery laugh!

◆ **Cult Kids' Classics** This DVD, £5.99, [amazon.co.uk](http://amazon.co.uk), features 70s' and 80s' faves *Jamie and the Magic Torch*, *Dangermouse*, *Button Moon* and *Rainbow*.



## 6 happy celebs, sharing their simple pleasures...

**WHY?** Because it's nice that the great and good aren't all spoilt and scowly!



**Julia Sawalha**

Enjoying a fab view  
'I love climbing to the top of Glastonbury Tor – it's a big mound in Somerset, where you can climb very high up and look at the sunset.'



**Kylie Minogue**

Time to unwind  
'I've always worked very hard yet tried to find a balance. I have to work at relaxing! But now I'm enjoying travel, golf and seeing friends and family.'



**Alesha Dixon**

My nan's cooking!  
'You just can't beat home-cooked Jamaican food: my nan cooks me oxtail, white rice coleslaw... and curried goat! Her cooking is amazing.'



**Tamzin Outhwaite**

My family  
'My daughter, Florence, 2, is so beautiful, I'm in a happy marriage and my family are all alive... I wish I could stay as happy as this for ever.'



**Lorraine Kelly**

My body  
'I've struggled with my weight my entire life. But now I'm at a place where I'm happy: I don't have bad legs, and my boobs are still perky!'



**Lisa Snowden**

Crisps!  
'My favourites are Marks & Spencer's crisps. The mixed bag variety, which has spaceships, tubes and spiral shapes is simply the best.'



Go on, smile... it won't cost you and radiates warmth to other people

## 5 good laughs

**WHY?** Laughter boosts the immune system, exercises the cardiovascular system and wards off disease so it therefore helps you to live longer. There are lots of reasons to have a good old chuckle, then!

### Reader joke

◆ 'A woman gets on a bus with her baby. The driver looks at her, laughs, and says: 'That's the ugliest baby I've ever seen!' The woman goes to sit at the back and says to a man next to her, 'The driver insulted me!' 'That's terrible,' he replies. 'Go and give him a piece of your mind and I'll hold your monkey for you.'  
*Helen Williams, 42, Northampton.*

For stockists, see page 139

FEATURE: CLAIRE WILLIAMS MAIN PHOTOS: URBANLIP.COM; REX FEATURES; GETTY IMAGES; IPC IMAGES



## 8 great investment buys

**WHY?** Because you'll use/wear them again and again and they'll make you look, and feel, good.

**1** With **Duo boots** you're buying top quality – and they're made to measure to fit your calves, whether slim or muscly. The stylish **Avignon in black**, £135, will see you through from showery summer days to winter. Go to [duoboots.com](http://duoboots.com).



**2** **Yves Saint Laurent's Touche Éclat**, £24 – the concealer pen that's beloved by everyone from top super models to school teachers – is eight hours of sleep in a magic wand. From Boots and department stores.



**3** This inch-trimming **dress by Fever**, £69.99, 8-16, does wonders for a curvy figure yet is a classic design that you'll still be wearing in five years' time.



**4** If you only have one item in your summer make-up kit, make it **Nars The Multiple** £27, from [spacenk.co.uk](http://spacenk.co.uk). Use the original all-over colour stick on lips, eyes and cheeks and score extra points if you get one in **Orgasm**: it gives a sexy shimmer to any skintone.



**5** Everyone should have a **Jon Richard enamel bangle** – or two. They come in blue, cream and red, look far more expensive than their £15 price tag and are great worn with jeans, dresses and suits. In fact, why not treat yourself to all three? From Debenhams.



**6** At £21.50, it's a bit pricey, but once you try **Dior Diorshow Waterproof Mascara**, you'll never look back. It gives the thickest, longest lashes, and is tear-, sweat- and sebum-proof... a must-have for the summer. From Boots.



**7** These **Boden satin plimsolls**, £39, are a fantastic staple for your summer wardrobe. They will smarten up jeans yet are pretty enough to wear with dresses. Go to [boden.co.uk](http://boden.co.uk).



**8 DESIGNER GOODS AT FANTASTIC KNOCKDOWN PRICES?** ...it can be yours. Just check out these websites:

- ◆ [theoutnet.com](http://theoutnet.com) – part of designer website [netaporter.com](http://netaporter.com), so there's loads of stock and huge discounts.
- ◆ [koodos.com](http://koodos.com) – our fashion ed, Lucy, bought a half-price Prada bag here. Check regularly, though, as stock goes fast!
- ◆ [javari.co.uk](http://javari.co.uk) – great for designer shoe brands.

## 8 foods that are still around

**WHY?** Because nostalgia is officially good for you...

Research has found that remembering past times 'increases self-esteem, strengthens social bonds and imbues life with meaning'. So, treat yourself to any of these – for your own good! (All are available from supermarkets.)

**1** **Angel Delight**, 42p for 59g.

In banana, chocolate, butterscotch and strawberry flavours. Just add milk, whisk, and wait... Mmm, heavenly!



**2** **Findus Minced Beef Crispy Pancakes**, £1.49 for 230g. You know you shouldn't ... but they are good!

**3** **Caramac**, 43p for 30g. Teeth-itchingly sweet, weird colour – shouldn't work, but it does.



**4** **Fab Ice Lollies**, £1.84 for 8. You'd nibble off the hundreds and thousands first, and have a whole lolly left to eat. Now, that's what we call value for money.

**5** **Smash**, 45p for 88g. Still useful even after all these years, for students and mums-in-a-hurry. And remember the ad with those chuckling Martians?



**6** **Wagon Wheels**, £1.39 for six. Go on, try to stick a whole one in your mouth. Dare ya!

**7** **Viennetta**, £1.48 for 650ml. The original 'posh' ice cream, at its best served with tinned fruit.

**8** **Vesta Beef Curry**, £1.57 for 236g. The height of exoticism in the 70s. Tasty in 2010, too!

## Reader joke

◆ Take a look at [engrish.com](http://engrish.com) and have a chuckle at mis-translated English abroad: on signs and food labels – you know the type of thing. Our favourites include this sign seen in a Bangkok dry cleaners: 'Drop trousers here for best results'. Click on the most stars for the funniest ones.

◆ 'A man walks into a butcher's shop and says to the butcher, 'Do you have a sheep's head?' 'No,' replies the butcher. 'It's just the way I part my hair...' Louise Shaw, 49, Cambridge

◆ Probably the funniest TV sitcom of all time is *Fawlty Towers*. Both series are available on DVD from [amazon.co.uk](http://amazon.co.uk) for £11.99. Just don't mention the war, though...

◆ **AND FINALLY...** Rent, or buy, a funny film. We reckon the oldies are still the best: *Some Like It Hot*; *Airplane*; *Young Frankenstein*; *Annie Hall*; *Life of Brian*. And don't forget the fabulous *Pink Panther* series... Bungling Inspector Clouseau is in a hotel lobby. A dog is sitting on the rug. Clouseau (to hotel clerk): Does your dog bite? Hotel clerk No. Clouseau (bending down to the pet dog): Nice doggie. The dog barks and bites Inspector Clouseau on the hand. Clouseau I thought you said your dog does not bite! Hotel clerk That is not my dog.







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Nestlé Good Food, Good Life

worldmags & avaxhome



# 101 best-value beauty buys

essentials  
**best  
beauty  
buys** 2010

ON THE  
ESSENTIALS  
AWARDS  
JUDGING  
PANEL



Jules Barton-Breck,  
essentials editor



Sarah Cooper-  
White, essentials  
beauty editor



Louise White, editor,  
*Hair* magazine



Charlotte Foster-  
Brown, professional  
hair & make-up artist

**PLUS** 1,500 essentials  
readers who voted online  
for their favourite buys.

## what's really worth your money...

It's the third annual essentials beauty awards and again we've tried out over a thousand products to bring you the very best buys that really are worth spending your hard-earned cash on – because as you know, cheap doesn't always mean great value

**PLUS** you can win a £1,500 beauty goody bag



## Fab foundations & powders

★ **Tinted moisturiser**  
– £17.50 **Laura Mercier**  
**Tinted Moisturizer**  
**SPF20** Evens out your  
skintone and leaves you  
with a healthy-looking  
complexion. Nice and  
light for summer months.

★ **Mineral  
foundation**  
– £13.99  
**L'Oréal Paris**  
**True Match**  
**Minerals** Love  
the finish – not  
too matte and  
not too shiny.  
A great one for  
sensitive skins.

★ **Liquid foundation** – £26.50

**DiorSkin Nude Natural Glow**  
**Hydrating Makeup** Lovely and silky  
and covers imperfections brilliantly  
without being too heavy.

### RUNNER UP

★ **Liquid  
foundation**  
– £12.99  
**Revlon Photo**  
**Ready Makeup**  
Great  
coverage,  
long-lasting  
and good  
value.

★ **Loose face powder** – £32

**Shiseido Translucent Loose**  
**Powder** A light powder that  
goes on evenly and leaves your  
skin feeling smooth and velvety.

★ **Pressed face powder**  
– £9.50 **Marks & Spencer**  
**Perfection Matte Finish**  
**Pressed Powder with**  
**Shine Control** A very light  
powder, which is great for  
an oily skin as there's  
minimal build-up when  
you want to reapply it.

★ **Cream compact  
foundation** – £7.99  
**Maybelline New**  
**York Dream Creamy**  
**Foundation** Glides on  
and leaves a dewy  
finish. Looks so natural,  
no one will know you're  
wearing make-up!

## Must-have miracle moisturisers

★ **Anti-ageing/skin plumping  
day cream for 30+ – £20.50**  
**No7 Protect & Perfect Day Cream**  
Your skin feels soft and smooth  
after just a few days – brilliant.

★ **Anti-ageing/wrinkle softening  
night cream for 50+ – £15.99**  
**L'Oréal Paris Age Re-Perfect**  
**Pro-Calcium Night** A rich cream that  
absorbs quickly and really nourishes.  
Skin feels very soft after just one week.

★ **Anti-ageing/wrinkle  
softening night cream for 30+ – £8.50**  
**Marks & Spencer Age**  
**Repair Ceramide Night Cream**  
How to wake up with plumped,  
fresh-looking skin that feels really  
soft! Rivals the quality of pricier  
creams – very impressive.

★ **Anti-ageing/wrinkle  
softening night cream for 40+ – £52**  
**Lierac Exclusive Intense**  
**Nuit Comblement Rides** Yes, it's  
expensive, but your skin will thank  
you for it! Plumps up your skin and  
softens wrinkles. You'll notice a  
difference after just one night!

★ **Anti-ageing/skin plumping  
day cream for 40+ – £32**  
**Estée Lauder Time Zone**  
Glides on  
to your skin, helping to plump and  
smooth. You'll really notice great  
results after a few weeks.

★ **Anti-ageing/skin  
plumping day cream for 50+ – £29.35**  
**Roc Complete Lift Lifting**  
**Daily Moisturiser**  
Tightens and tones  
immediately – saggy  
jowls and turkey necks  
don't stand a chance  
with this cream!

★ **Hydrating day  
cream – £12.99**  
**Eucerin Aquaporin**  
**Active Moisturising**  
**Cream** Brilliant and  
affordable. Gives  
dry skin a max  
moisture boost.  
Doesn't leave your  
skin overly greasy  
and it's a great  
base under  
make-up, too.



## Lashes to flutter

### ★ Eyelash curlers – £8.50

**Max Factor Eyelash Curler** Shapes and curves your lashes to perfection. A great price, too!

### ★ Mascara for length – £10.99

**Max Factor Lash Extension Effect Extreme Lengthening Mascara** The brush separates lashes easily, leaving them looking really long.

### ★ Waterproof mascara – £15.50

**Benefit Bad Gal Waterproof Mascara** You won't end up with panda eyes when this gets wet – just what you need if you can't go without mascara by the pool.

### ★ Mascara for volume – £7.99

**Maybelline The Falsies Volum' Express Mascara** For dramatic, blacker than black lashes you can't beat this.

## For good hair days

### ★ Curl controller – £2.99

**Pantene Perfect Curls Mousse** Once dry, your hair feels soft and curls look naturally defined.

### ★ Frizz tamer – £5.99

**John Frieda Frizz Ease** A life changer! Just the tiniest bit keeps stray, frizzy hair smooth all day long.

### ★ Hairspray – £2.29

**Garnier Fructis Style Bamboo Flexihold Hairspray** Keeps your up-do in place with not a single stray hair and it doesn't feel stiff or unnatural.

## DID YOU KNOW?

30% of you would consider having plastic surgery to improve your looks.

### ★ Day cream with SPF – £32.95

**Murad Age Reform Perfecting Day Cream SPF30** Light and not at all greasy, you can put your foundation on within minutes of applying it.

### ★ Treatment for shiny hair – £15.35

**Redken All Soft Silk Fuel** It leaves your hair really glossy and as smooth as silk.

### ★ Volumiser – £8.50

**Ref.335 Root to Tip** Gives baby-fine hair some much-needed oomph!

### ★ Shine booster – £2.99

**Phil Smith Mirror Shine** You can apply it liberally and it doesn't weigh your hair down – or leave it lank and greasy.

### ★ Heat protector – £3.99

**Pantene Ice Shine Heat Defence Spray** This gives excellent protection when used with your hairdryer, curling tongs and straighteners.

NIVEA  
VISAGE

Q10 plus  
ANTI-WRINKLE  
TINTED DAY CREAM WITH SPF 15

BEAUTY  
ED'S  
FAVOURITE

### ★ Great skin cheat – £10.65

**Nivea Q10 Plus Anti-Wrinkle Tinted Day Cream** 'I love this clever day cream,' says Sarah. 'It helps plump your skin, the tinted formula means you don't have to wear foundation and it's got an SPF15, too!'

## YOU VOTED!

No7 Protect & Perfect is your favourite anti-ageing brand.

Murad  
AGE REFORM  
PERFECTING DAY CREAM  
SPF 30

NEW  
visibly clear  
oil-free  
moisturiser

Neutrogena

### ★ Oil-free moisturiser – £3.99

**Neutrogena Visibly Clear** This actually helps balance out both oily and prone-to-spots complexions, as well as moisturising them.





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## Feel-good face treatments



★ **Best eye cream – £17.50** Avon Anew Clinical Eye Lift This gel/cream duo works wonders on puffy eyes and definitely improves dark circles, lines and wrinkles.

★ **Hydrating facial oil – £16** Vie Face Spa Moisture Tonic Treatment Oil Doesn't leave your skin greasy and shiny, just glowy and gorgeous.



★ **Serum for uneven skintone – £37.50** Clinique Even Better Clinical Dark Spot Corrector With regular use, this evens out any pigmentation and leaves your skin with a radiant glow.

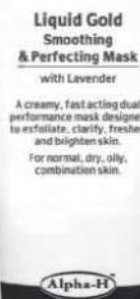


★ **Pore cleansing/refining mask – £17.50** Ren Detox Facial Mask Spots and blemishes don't stand a chance with this. Use it regularly and you'll soon have a clear, smooth complexion.

**DID YOU KNOW?**  
The top three beauty products you can't live without are face cream, mascara and foundation!



★ **Skin perfecting serum – £36** Estée Lauder Advanced Night Repair Synchronized Recovery Complex This miracle potion helps your skin recover from sun damage, smoking and pollution. A must in your beauty cabinet.



★ **Radiance booster – £43** Alpha H Liquid Gold Smoothing & Perfecting Mask A lot of money, but it lasts for up to 25 applications (less than £2 a go!). Beauty ed Sarah uses it once a week and says it gives her skin a definite glow.



★ **Anti-ageing serum – £19.75** No7 Protect & Perfect Intense Beauty Serum We all love this serum because you can see a difference after using it just once.

★ **Innovative skin treatment – £9.99** Garnier Caffeine Anti-Dark Circles 2-in-1 Roll-on Banishes tell-tale puffiness and dark circles after a very late night – pure magic!



★ **Spot treatment – £10** Origins One Step Spot Remover When you feel a spot tingling, zap it with this gel and, as if by magic, it won't make an appearance!



★ **Exfoliator – £7.50** Olay Regenerist Daily Thermal Skin Polisher This self-heating scrub is so gentle you can use it every day on sensitive skin to combat dry, flaky bits.

essentials

**best beauty buys 2010**



## Glam up your eyes

★ **Eye pencil – £4.99** Prestige Total Intensity Eyeliner Make-up artist Charlotte says this is easy to apply and one of the best eyeliners she's ever used.



**MAKE-UP ARTIST'S FAVOURITE**

★ **Brow definer – £8.50** Shavata Double Ended Brow Pencil Two great shades to suit any skintone.



★ **Powder eyeshadow – £7.49** Bourjois Smoky Eyes Eyeshadow Trio You can create perfect smoky eyes with this trio and the look will last all day.



★ **Liquid liner – £7.99** Revlon Colorstay Liquid Liner Great for a long-lasting finish – you'll even be able to do those sexy cat's eye flicks!

★ **Eyebase/primer – £10** Clinique Touch Base For Eyes Beauty ed Sarah swears by this product under her eyeshadow to make it last all day.

## Best natural beauty range

**Weleda, from £4.50** For the third year running Weleda has won an *essentials* accolade for its huge range of cruelty-free, affordable skincare and bodycare – there's something to suit the whole family. Every product is made with natural or organic ingredients, too.





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## For the perfect mani & pedi

★ **Multi-purpose base/top coat – £9.25** Only Top 2 Bottom Basecoat & Topcoat All-in-One Stops your nails getting stained by dark shades of nail polish and keeps your manicure chip-free.



★ **Nail polish salon range – £9.95** OPI Nail Lacquer The wide, flat brush makes it easy to coat each nail in two strokes. Each polish has an ultra-glossy finish.



EDITOR'S FAVOURITE

★ **Fast-dry manicure treatment – £11** Nails Inc Kensington Caviar 45 Sec Top Coat 'This is my must-have product,' says essentials Ed Jules. 'I can chop veg within a minute of applying it and it doesn't smudge!'



★ **Nail file – £12** Leighton Denny Crystal Nail File It gently shapes your nails and won't weaken or break them. It always sells out fast at our events with Leighton at Ragdale Hall.

★ **Nail treatment – £16.65** Jessica Restoration This will nurse weak, damaged nails back to health. It works especially well on nails that are damaged from wearing acrylics.



★ **Nail polish high street range – £6.29** Revlon Nail Enamel It lasts for ages without chipping. You can't beat the price and amazing range of shades.



## essentials best beauty buys 2010



## Fab feet & hands



★ **Foot cream – £19** Origins Reinventing the Heel Works a miracle on rough patches and cracked heels to leave your feet in tip-top condition.



★ **Hand cream – £8.99** Yes to Carrots Hand and Elbow Moisturizing Cream Wow, using this makes chapped hands a distant memory. It's worth keeping a tube at work and one at home.

## Everyday haircare

★ **Highlights – £8.40 and £10.50** Paul Mitchell Color Protect Daily Shampoo/Conditioner Using both products puts a stop to over-processed hair feeling straw-like and leaves moisture-starved hair looking shiny and glossy.



★ **Oily hair – £2.99 each** Alberto V05 Refreshingly Pure Elixir Gentle Cleansing Shampoo/Lightweight Detangling Conditioner Leaves your hair clean, with no traces of oil, and smelling fresh, but never coarse and dry.

★ **Dry hair – £3.29 each** L'Oréal Elvive Full Restore Shampoo/Conditioner Gives your dried-out hair an injection of moisture and leaves it healthy, shiny and smooth.



★ **Fine hair – £2.94 each** Denise McAdam Full Volume Thickening Shampoo/Conditioner This duo adds plenty of va-va-voom volume to extra fine hair – they're great value, too.



★ **General colour care – £18 each** Fekkai Technician Color Care Shampoo/Conditioner OK they're not cheap, but boy is this stuff fab! All shades of hair will look vibrant and shiny.



★ **Colour enhancing – £4.88 each** Toni & Guy Colour Enhancing Shampoo/Conditioner This beefs up your colour and keeps it looking rich and glossy.



# best beauty buys 2010



## Hair styling heroes

★ **Straightening irons** – £69.99 Remington Shine Therapy Ceramic Conditioning Digital Straightener These glide through your hair without pulling to leave it looking super-sleek.

★ **Heated rollers** – £29.99 BaByliss Thermo-Ceramic Rollers No other rollers compare! Creates shiny, natural-looking curls – it'll look like a pro has styled your hair!

★ **Brush** – £11.99 TRESemmé 24 Hour Body Large Volumising Brush The firm bristles grip your hair and makes drying it quick and easy. It gives your hair plenty of volume and a nice sleek finish.

**YOU VOTED**  
TRESemmé your favourite haircare brand.

★ **Rollers** – £12.99 for 18 TRESemmé Ceramic Self Grip Rollers Once these are in just give them a blast with a dryer, then leave them to cool. The result: soft waves that will last for hours.

★ **Curling tong** – £14.99 Nicky Clarke Detox Nano Silver Curling Tong 'I've got a set at home and work, and wouldn't use anything else – it curls my hair brilliantly,' says Hair editor Louise.

★ **Hairdryer** – £19.49 Alberto VO5 MaxAir Professional 2000W Dryer As good as the expensive pro-versions. It's powerful, easy to handle and the switches are where you can alter them during drying.

## Daily cleansing & toning

★ **Cream cleanser** – £13 Liz Earle Hot Cloth Cleanser Cuts through grease and grime to leave your skin clear, clean and glowing.

★ **Cleansing wipes** – £2.99 for 25 Johnsons 3 in 1 Facial Cleansing Wipes Gently removes every last bit of dirt and make-up without irritating your eyes or stinging delicate skin.

★ **Rinse-off cleanser** – £17 Philosophy Purity One Step Facial Cleanser Removes all traces of make-up, including mascara, and doesn't leave your skin feeling tight and dry.

★ **Toner** – £19.95 Avene Gentle Toner The no-stinging formula makes your skin feel well cleansed and fresh – great for all skin types.

★ **Eye make-up remover** – £19.50 Lancôme Bi-Facil Non Oily Instant Cleanser Worth splashing out on. It doesn't irritate your eyes and melts heavy eye make-up away in a flash.

## Luxe colour

★ **Permanent** – £5.49 Clairol Nice'n Easy Works wonders on covering grey hair and the Colourseal Gloss Conditioner that's included will keep your new colour vibrant for longer.

★ **Semi-permanent** – £5.99 L'Oréal Paris Casting Crème Gloss This will leave your hair brilliantly shiny and the colour will stay true without fading for ages.

WIN with essentials

### Beauty treats worth over £1,500!

One lucky reader will soon be pampering themselves with our best beauty buys! To be in with a chance of winning all these fab goodies, just turn to page 139 and tick ESSTREAT3 08 – you can enter by phone or text, too.

**DID YOU KNOW**  
75% of you colour your hair every 4-6 weeks?



# Beauty product of the year\*



\*1926

**Weleda Skin Food** is a 100% natural, nourishing and hydrating treatment for the whole body. Made today as it was 80 years ago with organic pansy, rosemary, chamomile and calendula. It's just what your skin has been waiting for. It's naturally Weleda.



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\*When using Macleans Whitening compared to an ordinary toothpaste.

worldmags & avaxhome



# Beauty secrets

Beauty editor Sarah Cooper-White reveals all the new trends, tricks and buys



## 97%

of us are looking for a mascara that makes lashes fuller but **doesn't** clump. So, L'Oréal Paris has created our dream product: Volume Million Lashes, £10.99. It lengthens, thickens and separates every lash for a really wow result.

## A firming product that works – FAST!

I want speedy results when it comes to firming products, so when Nivea My Effect Good-Bye Cellulite 10 Day Serum, £10.75, arrived on my desk, I had to give it a go. Use it daily for ten days and your thighs, bum and tummy will look and feel smoother, and generally better for baring on the beach.



## LUNCHTIME FACELIFT?

Want to look better without going under the knife? **Novabel** is a new non-surgical dermal shaper that's injected into areas of your face to make you look fresher and younger. 'So many people say how glowing I look,' says Debbie Wright, 48, from Hertfordshire. 'It's given me a new lease of life.' For more info go to [novabel.co.uk](http://novabel.co.uk).



essentials  
Tried it, loved it!

## 3 ways to... get rid of oily shine

If your skin tends to be oily, hot summer days can mean that it often looks shiny within a few hours. Here's what I recommend:

### THE NO-OIL MOISTURISER

Origins Zero Oil Oil-free Moisture Lotion, £21, helps to keep your skin oil-slick-free all day.



### THE SKIN-BALANCING PRIMER

Stop make-up sliding off by applying bareMinerals Prime Time Oil Control Foundation Primer, £18, before anything else.



### THE HEAT-RESISTANT FOUNDATION

Maybelline Super Stay 24h Micro-Flex Stretch Formula Non-Transfer Makeup, £8.99, keeps skin perfect and won't budge even on the most humid day.



## Target zone: PUFFY EYES

**DO** add another pillow – sleeping in a more upright position stops fluid collecting around your eyes.

**DON'T** apply your face cream too close to your eyes. Most are too rich for this delicate area.

**DO** try Clinique All About Eyes Serum De-Puffing Eye Massage, £20. I think this is one of the best roller-ball products on the market. It deposits a serum that brightens and deflates. Keep it in your handbag and use whenever you feel your eyes need a boost.



## Pro in the know

Celebrity hairstylist Richard Ward gives his tips for a gorgeous summer look...



### ✓ Protect your hair

from the sun. Try Kérastase Soleil Aqua-Seal Highly Protective Fluid-Cream, £17.90.



✓ **Stop frizz** Don't try to damp it down with water. Use products like L'Oréal Professionnel Série

Expert Liss Ultime Shine-Perfecting Serum, £12.50.

✓ **Holiday haircare** Have a trim before you go to minimise damage. When you get back, book in to refresh faded colour.



Wouldn't we love to be in SJP's shoes!



## Golden girl!

*Sex and the City* star Sarah Jessica Parker loves French skincare range Nuxe just as much as we do, and now it's available in Space NK. Add a touch of glam to legs with Nuxe Huile Prodigieuse Or, £33 – a shimmering gold body oil that smells divine.



# Are you getting the most from your GP?

Your doctor can be one of the most important people in your life. Here's what you need to know about who to see, what to say (and what not to say!) and what to do if you're not happy

**W**hile we'll readily take our children to the doctors' surgery and nag our men to go, we very often put our own medical needs at the bottom of the pile.

Even though GPs are paid good money to do their job, a recent survey by Cancer Research UK suggests that women still worry they're wasting doctors' time. In fact, a staggering 41% say that they're reluctant to visit the surgery.

Fear plays a big part, too. A further 40% of us are put off making an appointment for fear of what our doctor might find. There's even a recognised condition called 'White Coat Syndrome' when a patient's blood pressure soars because they become so anxious in a clinical setting!

But it's not all our fault. The former Healthcare Commission – now known as the Care Quality Commission – says a quarter of people don't go to see their GP because of inconvenient surgery hours, and more than 50% have had problems getting through on the phone to even make an appointment.

But do you always need to see a doctor for your problem? 'Not necessarily,' says Boots pharmacist Angela Chalmers. 'For minor conditions and ailments such as coughs, colds, a headache, indigestion or muscular pain, speak to your pharmacist and they'll advise on which treatment is best for you. They'll always refer you to a GP if necessary.'

'But for a more serious condition, like difficulty breathing, coughing blood, swollen

glands, headaches or pain lasting longer than five days after taking painkillers – or if you're experiencing severe pain – then you do need to see your GP as soon as possible.'

You could make NHS Direct your first port of call if you really don't want to face the doctor's waiting room straight away. You can either call 0845 4647 and speak to someone who'll be able to assess your health problem and give you advice on your best course of action. Or you can visit [nhsdirect.nhs.uk](http://nhsdirect.nhs.uk) and use the online health and symptom checker.

Dr Sarah Dauncey, the Medical Director of Nuffield Health and a GP with 22 years' experience, says GPs don't usually mind people going into the surgery with an idea of what might be wrong with them.

'It can be helpful as it means that patients have thought about their symptoms, what triggers them and so on,' she says. 'But it's all dependent on which website you use. There are a lot of bad ones out there with incorrect information that can lead to scaremongering. A really good one to try is [cks.nhs.uk/patient\\_information](http://cks.nhs.uk/patient_information).'



## Surgery golden rules...

If you do need to visit your GP, there are several things doctors find helpful and other things they'll find annoying. Here's Dr Sarah Dauncey's guide...

**Be honest** 'Women avoid seeing their GP because they fear the worst. When they do eventually get there, they play down their symptoms, fearing that if they tell the truth they'll be told they have something terrible or need horrible tests,' says Dr Dauncey. 'If we don't have accurate information we can't diagnose properly, so do be honest with your doctor.'

**Write things down** Dr Dauncey says that it's important your GP knows all the details that relate to your symptoms – when, where, why, how, for how long. 'Experiencing chest pain when you run up the stairs compared with when you're sitting eating could point to completely different things. So, be as

specific as you can when you tell us what's wrong and you will help us to help you.'

**Dress appropriately** for your consultation. 'There's nothing more annoying than having to wait for someone while they strip off layers of clothes,' says Dr Dauncey. 'We need to see the whole of the area so if, for example, you think we'll need to examine your chest, wear a shirt, not a dress. So many of our patients are reluctant to strip off but, remember, we've seen it all before and are not embarrassed.'

**Change your doctor** if you're not happy with them. You don't have to give a reason when you change – just apply, with your medical card, to the doctor you would prefer to see instead.

**Always ask** More than 50% of what's said to a patient in a doctor's surgery goes in one ear and out of the other. 'If you're not sure about anything, haven't heard or understood, or want to know what something

will mean, just ask – that's what we're here for,' says Dr Dauncey.

**Keep it to 15 mins** Doctors dread patients saying, 'By the way...' as they're standing at the door about to leave. 'Whenever this happens, it's very difficult for GPs to invite the patient back in to discuss whatever they're concerned about because that makes us late for the next appointment,' says Dr Dauncey. It's much better to make an appointment to return to the surgery another day.

**Get it checked out** 'Men are renowned for not going to the doctor when there's something wrong with them, but let's not have women go the same way!' Dr Dauncey pleads. 'If you're feeling unwell or have found a lump, get it checked out straight away. Nine times out of ten it will turn out to be something completely harmless, but it could mean the difference between life and death.' So, make that appointment!

## Women like you



### 'I didn't want to be seen making a fuss'

Tracy Posner, 49, works in marketing and lives in London with husband Robert, 50, who works for a charity. They have two children, Josh, 20, and Georgia, 17.

'In 2006, when I started getting terrible neck pains and headaches, nausea and dizziness I knew something was wrong. I saw a GP, who was new to the surgery, and she put it down to stress. I'm not easily stressed and should have said so, but didn't. I was intimidated – you tend to think doctors know best, don't you? She put me on antidepressants.

The tablets made no difference, and the pain got so bad I went back. This time, the GP wanted to refer me to a pain clinic. Inside I was thinking, "You don't know where the pain's coming from"... but I didn't say. I tentatively asked if an MRI scan would be a good idea, but she said no.

I left feeling that I'd just been fobbed off. I should have told her that I wanted a scan because I felt something serious was going on. Instead, I paid for a private scan, then had

to find a private neurologist to read it. The neurologist did tests, then asked me to have another scan. That was when they found I had a meningioma, a benign tumour at the base of my skull. I was immediately referred back to the NHS for surgery and radiation treatment.

I knew my GP would be responsible for my aftercare, but I'd lost faith in her. I wrote to the surgery, told them what had happened and said I'd be changing practices. I had a letter back from her apologising and saying she'd never come across a brain

tumour before. I now have a wonderful GP, who supports me and encourages me to talk.

It's been a hard lesson. I should have been more forceful. After all, I know my body better than anyone. I wish I'd asked to see another GP in the practice, but I didn't want to be seen to be making a fuss. That was silly, in hindsight.'

You tend to think doctors know best, don't you?

## WANT TO KNOW MORE?

◆ The Patients Association is a national charity that runs a helpline to advise patients who have questions about all aspects of using the NHS. Call 0845 608 4455 or email [helpline@patients-association.com](mailto:helpline@patients-association.com). The Association also has helpful guides, such as *You and Your Doctor*, to help you make the most of the health service. For more details, go to [patients-association.com](http://patients-association.com).



# 'Can I lose my muffin top in four weeks?'

Oh yes, we're all familiar with that annoying area where fat bulges over our waistband! We challenged reader Susan Lyon, 30, from Warrington, to get rid of hers in one month flat...



## BEFORE

**DIET** Queen of the takeaways.

**DRINK** Booze, 5 cups of coffee a day.

**EXERCISE** Running after my 2-year-old son.

**WAIST** 33 inches.

**HIPS** 36 inches.

**SIZE** 12.

**WEIGHT** 9st 12lb.

## It's not going to be easy... but here goes!

I'd had enough of buying tops that flowed over my waist and hid the horrors beneath. I wanted to wear vest tops with my jeans. And, yes, a bikini!

After consulting with *essentials*, I got a copy of 'Lose your Muffin Top in Four Weeks' on fitness instructor Lucy Wyndham Read's website ([lwrfitness.com](http://lwrfitness.com)). It cost £5.99 to download, so I paid up and printed off the pages of advice, nervously scanning the four-week healthy-eating and exercise plan. Here goes...

## Week one

### Time to get moving

**I started my fitness diary** There were exercises to tone my waist, hips and bottom, plus, as there were links to watch Lucy doing the exercises online, I could check I was getting it right. I stood in front of my bedroom mirror and watched myself in horror as I tried to copy her perfect squats, lunges and bicycles. My son Aaron thought it was hilarious. He'd jump on my belly shouting 'bouncy, bouncy!' as I lay gasping on the floor.

**There was 20 to 25 minutes of power-walking to do** three times a week, to raise my calorie burn to melt off the muffin top fat. So I dusted off my treadmill (which had been used to hang clothes on) and wondered how I was going to fit in all this exercise around my three hours of nightly soap-watching! By the end of week one I ached all over – not just from the exercise, but from a lack of caffeine, and I've had a migraine that's lasted four

days. I smelt my husband's coffee and snapped: 'You shouldn't have that; you should be supporting me.' He asked me if I wanted to share a takeaway to make me feel better! No!



## Week two

### My toddler kept me on track!

**I started drinking plenty of water** to rev up my calorie burn and keep me energised. Forcing down 6 to 8 glasses was a real challenge. I work as a council support worker, which involves a lot of driving – I didn't want to be caught short, so sussed out where all the public toilets were round town!

**On the plus side, my skin started looking clear** and friends would comment on how healthy I looked. I also swapped my usual delicious, soft white bread for chewy wholemeal. I imagined all that fibre would do wonders for my insides, but found myself constipated! Ouch!

**There were times this week I wanted to give up** – especially when I got home from work and had to cook a meal and get on the treadmill, when all I wanted to do was curl up on the sofa with a glass of wine (also banned). To stop me reaching for the ready meals, I stuck a photo on the fridge of myself in a bikini last year – with my muffin top on show!

And it was Aaron who kept me going on the exercise front. He'd pull me off the sofa and start doing squats and lunges (so sweet!) and by the end of the week I'd lost 2lb.







'I dusted off my bike  
– at last I'm a good  
role model for Aaron'

## Week three

### Feeling good

**By now, I had loads more energy** – normally at the end of a day at work, I'd be on my last legs. Now, I felt ready for exercise. Amazing! I started sleeping better than ever, too. Ron noticed my better mood: 'You're not grouchy in the morning,' he said. It's true – for the first time in ages, I'd wake up feeling refreshed.

**I was becoming a boring reclusive hermit, though.** I couldn't eat out – they don't do oatcakes at the carvery! I also turned down going to a leaving do with workmates as I knew I'd be bored silly sipping tonic water while the rest of my team got tipsy!

**I had a brainwave – moved the spare telly into the bedroom** where the treadmill was so I could watch soaps while I power-walked. I hoisted up the incline, so I worked harder. This exercise lark was actually getting easier!

**My cravings for junk food went.** If I felt like a bag of crisps, I made do with Ryvitas and they weren't at all bad. I could also give Aaron a biscuit without sneaking one for myself! In fact, I surprised myself by sticking to – and enjoying – a healthier diet. I got less stomach bloating and started trying out new things.

## Week four

### How's that for a result!

**My clothes were too big!** My jeans needed a belt and people noticed I'd lost weight. Even when they pushed a cake in my face in work and said, 'you're wasting away!' I didn't cave in. I took a chance and delved into the back of the wardrobe for some jeans I wore before getting pregnant with Aaron. They fitted like a dream!

**The weather was lovely, so I dusted off my bike,** attached the seat I'd bought for Aaron some time ago and we started enjoying going on bike rides to the park. I'd also play football with him and found I wasn't out of puff as I normally am – at last I felt like a good role model for him.

**At the end of the week, it was crunch-time!** I nervously held the measuring tape around my waist and was delighted to see it had been whittled down by two inches – my hips, too! I also lost an inch from my bust and thighs and my muffin top had almost gone.

I'm now determined not to resort to processed food again and I'll keep up my exercise. I didn't think trying to lose my muffin top would give me a new lease of life, but it has. I'm standing straighter, feeling confident – and ditching all my loose tops. Time to start hunting out that killer bikini!

◆ You can find the *Lose Your Muffin Top in Four Weeks* plan at [lwrfitness.com](http://lwrfitness.com), £5.99.



### AFTER

**DIET** Stir-fried vegetables with wholewheat noodles; grilled chicken breast with vegetables.

**DRINK** 6 to 8 glasses of water a day.

**EXERCISE** Daily power-walking or workout exercises.

**WAIST** 31 inches.

**HIPS** 34 inches.

**SIZE** 10.

**WEIGHT** 9st 6lb.

### Susan's top tips

- ✓ Don't get hung up about weighing yourself. Losing weight gradually is best, so don't obsess over scales.
- ✓ Make exercise as much fun as you can – I found watching TV or listening to music on the treadmill was best. If you have small kids make your exercise a game.
- ✓ To increase your water uptake, add lemon or a spot of orange juice so it's not quite so boring!
- ✓ Promise yourself a treat at the end of the plan – I bought a new wardrobe.
- ✓ When I lost some inches, I'd put on my (now) loose trousers to motivate me.





INTIMATE HYGIENE

## femfresh NATURAL BALANCE

femfresh has been specially designed for use in the intimate area to help you feel fresh throughout your pregnancy.

femfresh can be particularly useful when you need to freshen up before an examination, when it's only natural to feel a little bit more self-conscious.

femfresh wipes work in harmony with your body to help maintain a natural pH-balance to keep you fresh and feeling well.

lots of you told us recently that you'd recommend it, so when you need to feel 'shower-fresh' in seconds, choose femfresh.

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# extra confidence...

# freshen up in seconds





Get rid of your health niggles today...

# Headaches

This month's team of experts explain how to stop headaches ruling your life and give advice on how to manage them

## THE DOCTOR

**Dr Andy Dowson, Director of Headache Services at King's College Hospital, London**



'Analgesic drugs like codeine, paracetamol and ibuprofen can all be very effective at treating headache symptoms. However, taking too many can dampen your body's own

painkilling mechanism. And the more pain you experience, the more pills you need to take to control it. If you take drugs two or three times a week or more to treat headaches, that's too much and would be classed as an analgesic

dependence. When you stop taking painkillers, the headaches may seem worse for a while, but in the long term it's worthwhile as the rebound pain will eventually stop and any future headaches will be less severe. If you suffer regularly from headaches, try to prevent them with supplements like vitamin B2 and coenzyme Q10.'

◆ **For more info, go to Migraine Action at [migraine.org.uk](http://migraine.org.uk).**

## THE HOLISTIC PRACTITIONER

**Christine Glover, Holistic Health Consultant**



'So many clients come to see me suffering from headaches and migraines and the first question I ask is how much fluid are they drinking. The answer will often be copious

cups of tea and coffee throughout the day, a couple of glasses of wine with dinner, fizzy drinks and absolutely no water at all! As a result they are acutely dehydrated and the amount of caffeine they're consuming is contributing massively to their headaches. As

soon as I put them on a regime that cuts the caffeine in favour of two litres of water a day, their headaches can completely disappear.

Another easy way to control headaches is to ensure your blood sugar never dips. Eat three meals a day, including a high-fibre breakfast, like porridge oats, to help keep your blood sugar balanced. And keep healthy snacks on hand to avoid going too long without food – fruit or oatcakes are perfect.'

◆ **Find a qualified homeopath in your area at [britishhomeopathic.org](http://britishhomeopathic.org).**

## THE OSTEOPATH

**Clifford Lomas, Qualified Osteopath**



'Headache symptoms can be connected to a neck problem. The muscles, nerves and arteries that connect the neck to the head can tense or get strained and release chemicals

that trigger a headache. An osteopath will be able to spot problem areas and relieve symptoms with massage and gentle manipulation.

Although seeing a qualified osteopath will achieve the best results, there are things you can do every day to prevent your muscles

from tensing up. At the base of your skull, there's an area of tender, tight muscles that you can release by using gentle massage with your fingers or a closed fist. Some careful neck stretches, slowly bending your ear down to your shoulder and back up again to relieve tight ligaments, can really help, too.

If you sit at a computer all day, check your posture – take regular breaks, sit up straight or support your back with a cushion. And adjust your screen level with your field of vision.'

◆ **Find an osteopath at [osteopathy.org.uk](http://osteopathy.org.uk).**

Drink plenty of water to keep hydrated and avoid headaches.



**Tip** Keep a diary to see what triggers your headache. Note when it began, what you'd eaten, how much sleep you'd had, what you were doing as it started and whether you'd been stressed. Add how long it lasted and how you stopped it.

## Women like you

**You say...**



**LISA HOLLICK, 40, FROM DURHAM.**

'I've suffered with severe migraines since my teens and over the years had tried all

kinds of remedies to stop them, but it wasn't until I was pregnant and the headaches stopped completely that I realised they were connected to my hormone levels. Unfortunately, as my periods started again after having my baby, so did the headaches!

Now I know that just before I get my period I'm at risk from a migraine, so I take care at that time to get plenty of sleep, eat healthily and keep hydrated.'



# Get the happy habit the easy way

Are your bad habits making you unhappy? We've got the simple steps to help you break them and make you smile!

We all have patterns of behaviour that we follow every day of our lives – and that includes the bad ones. But habits that are making you unhappy are easily broken. Just follow our simple quiz and then tackle the problems today. Whatever's making you unhappy, our advice will help...

## So, how happy are you?

Read these five questions and score points for the answer that most closely matches your mood.

KEY: Strongly disagree = 1 point  
Disagree = 2, Slightly disagree = 3,  
Neither agree nor disagree = 4, Slightly agree = 5, Agree = 6, Strongly agree = 7

- ☐ In most ways, my life is close to my ideal.
- ☐ The conditions of my life are excellent.
- ☐ I'm satisfied with my life.
- ☐ So far, I've got the important things I want in life.
- ☐ If I could live my life again I'd change almost nothing.

Now add up your total score. Here's what the figures may indicate about how happy you are:

- 31-35 Extremely satisfied
- 26-30 Satisfied
- 21-25 Slightly satisfied
- 20 Neutral
- 15-19 Slightly dissatisfied
- 10-14 Dissatisfied
- 5-9 Extremely dissatisfied

## Do you feel you're in Groundhog Day?

**All couples row sometimes. But if you find yourself having the same argument over and over again these dos and don'ts might help you out of that rut.**

**DON'T** jump to conclusions. If he's distant, don't assume he's angry with you or he's up to something – it could be one of a million things. Be calm and say he clearly has something on his mind and you'd like to know what it is.

**DO** tell each other what you want. Lots of couples think they'll be able to make it up as they go along. In reality, everyone needs some ground rules – unromantic as that seems. Never mind if you've realised that a bit late. Start now by saying what you expect – no demanding allowed and you have to listen to his wish list, too. Then start negotiating.

**DON'T** try to win. Winning an argument may feel like a victory, but the same issue will come up again if your partner feels bullied or manipulated. Aim for an agreement where both sides feel they've won.

**DO** make time for fun. Think back to things you used to enjoy as a couple – going to the cinema, staying in bed until noon, leaving silly notes for each other. Even with money worries, kids and jobs, you can do something.

## Can't control your temper?

**Everyone loses it at times, but if your friends have started commenting on it you need to control your behaviour.**

**DO** keep a diary of every time you get wound up and why. Over a while, you'll work out your triggers and try to avoid or defuse them.

**DON'T** take things personally. That woman who pushed in might not have noticed you waiting. Your friend is always late because

she's a terrible timekeeper, not because she disrespects you.

**DO** distract yourself if you feel your temper rising. Visualise a big red stop sign; imagine what someone you admire might do, get on with a boring little task or, if you can, go somewhere private and scream.

**DON'T** think that by controlling your temper it makes you a wimp. The time to get anger off your chest is once you're feeling calm, then you can assess the situation. If someone is rude, you'll let them know better by being assertive rather than yelling at them.

## Are you a worrier?

**Worry feels like a way of coping by anticipating trouble. But in reality it's pointless and can consume your life.**

**DON'T** panic. Worry is horrible, but it won't kill you. So don't add it to the list of your worries.

**DO** make a designated 20-minute 'worry period' at the same time each day, but NOT before bedtime. Anything that pops into your head outside that time, write down and save.

**DO** think of practical solutions. If you can't, then learn to accept the situation for now.

**DON'T** assume that everyone else is having a great time. They're not.

**DO** ask for advice from someone who's been where you are and come out the other side.

## Do you hate your body?

**Are you in despair over size-zero models and Cheryl Cole's impossible good looks? Join the club. Just 7% of women say they are totally happy with their appearance.**

**DON'T** set yourself unrealistic standards.

Cheryl Cole is very beautiful: she also has hair extensions every month, tooth veneers,





Confidence is very attractive.  
It's the whole package  
that makes someone sexy

expert make-up and the benefits of lighting and Photoshop. 'It's fun to read about celebrities, but if you're obsessed to the point where you're comparing yourself with them, cut it down,' says psychologist Dr Daniel Freeman. **DO** make the most of your good points and stop worrying about your 'bad' points. Maybe you've got great boobs, cracking legs and a fantastic personality. 'Confidence is incredibly attractive,' says Dr Freeman. 'Despite what you hear about men being only interested in the visual, there's a bit more to us than that. It's the whole package that makes someone sexy.' **DON'T** hang about with bitchy friends. Really, do you want to be afraid to go to the loo in case they start on you behind your back? **DO** what you can. Lose weight sensibly if you want to. Go to the gym, get your hair cut, a make-up lesson and some new clothes.

### Is a cigarette and a glass of wine your best buddies?

Breaking an addiction is hard, but you can do it by changing the way you think.

**DO** decide whether you want to cut it out or cut back. Everyone agrees that it's best not

to smoke at all. Is alcohol the same for you or could you stick to safe limits? Only you know.

**DO** enlist the support of your family and friends, but recognise that some people might try to sabotage your efforts. Practise your assertiveness or steer clear of them.

**DON'T** give in to cravings without a fight. Give yourself 20 minutes and then go and do something else rather than brood on how much you want a drink or a cigarette.

**DON'T** think it's the end if you slip up. The odd lapse is pretty much inevitable, but just because you give in now and then, don't feel disheartened – you mustn't let it distract you from your overall objective.

### Are you having trouble sleeping?

Women are twice as likely to suffer insomnia than men. And once you lose the habit of sleeping well, it's hard to get it back, but it can be done.

**DO** exercise – it tires you out. But don't do it late in the evening because you'll be buzzing.

**DON'T** have any caffeine or nicotine before

bed. Alcohol will send you to sleep, but make you wake up in the middle of the night.

**DON'T** lie there fretting if you can't get to sleep. Hide the clock and concentrate instead on reading a book to send you off.

**DON'T** do anything in bed besides sex and sleep. Watching TV, listening to the radio or reading will teach your body that bedtime is just another part of the day when you need to be switched on.

**And these two are going to hurt...**

**DON'T** lie in. This doesn't sound like much fun if you've been awake half the night, but you have to get back into a routine. So, no catching up on sleep, even at weekends. It will work eventually. Promise.

**DON'T** nap during the day because you won't be tired at night, which is what you're trying to achieve. The only exception is if you have to drive or operate machinery. Then grab what you can to stay safe.

### Has your sex life lost some of its sizzle?

Too many of us compare the sex we had at the start of a relationship with the sex we have now. The kind of passionate, intense sex you had then can't last. But sex based on love and intimacy is good, too. Better, in fact.

**DO** recognise that your problems in bed may be caused by the ones out of it – worry, relationship difficulties, poor self-image – solve those and sex will probably solve itself.

**DON'T** have sex – at first. It seems weird, but you need to rebuild intimacy by slowly touching non-sexual parts of your body to remember how sexy anticipation can be.

**DO** have sex – lots! After about three weeks of touching, kissing and massaging with no pressure to perform, dive in. Keep doing it.

The more sex you have, the more you want.

**DON'T** rush it. Take your time with each other – you're meant to be enjoying this!

### SAVE with essentials

Adapted from the book  
*Know Your Mind: Everyday*

*Emotional and Psychological Problems and How to Overcome Them* by Dr Daniel Freeman and Jason Freeman (£16.99, Rodale).  
essentials readers can buy it at a discount for £15.99 with free p&p by calling 01256 302 699. You must quote offer code 3LO.





# De-fuse your food

**F**AMILY GATHERINGS CAN MEAN GREAT FOOD and great company.

But no matter how relaxed you feel, some of the foods you like just seem to trigger heartburn and indigestion. One tiny Zantac 75 tablet works fast to reduce the amount of stomach acid produced, rather than just neutralise it. Zantac 75 has the power to stop heartburn and indigestion for **up to 12 HOURS**.

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# 'I think I love one child more than the other'

In this new series, we help solve your trickiest problems – from relationship worries to your worst emotional flashpoints. This month, family and relationship therapist Dr Sandra Wheatley talks to *essentials* reader Lisa\*



**OUR EXPERT**  
Dr Sandra L Wheatley, PhD CPsychol, is a psychologist and lecturer specialising in family and relationships. She regularly appears on TV and writes parenting books.

## THE PROBLEM

**Lisa\*, 38, a part-time receptionist, is married to Mike\* and has two children, Maya\*, 11, and Ryan\*, 8.**

**LISA** To the outside world, I've got it all: a comfortable lifestyle, loving husband and two beautiful children. But at times I'm eaten up with guilt. I love Ryan to bits, but just don't feel the same way about Maya. I find her very difficult to relate to.

**DR SANDRA** Firstly, it's a positive thing to admit to these emotions. You're not alone – so many parents feel just like you, but maybe never tell anyone. Admitting it means you do care about her, and that can only be good long term. When did these feelings start?

**LISA** I think I can trace it back to when I was pregnant with Maya. I went into labour and had her by Caesarean seven weeks before her due date. She was in special care for a month and I couldn't breastfeed her. I guess I found it very difficult to bond with her and

things went from bad to worse as I got post-natal depression (PND). I just couldn't cope. I felt so useless, but I suppressed it. I felt that Maya had come between my husband and me and I resented her for that, but I also felt so ashamed. I got over the PND with support from my doctor and antidepressants and really tried to make an effort with Maya.

**DR SANDRA** PND hits us like a bombshell. It's always when you're at your lowest that you must find the inner strength to do something about it. You may feel that by not breastfeeding Maya you didn't bond with her, but we all bond in different ways. How are things now?

**LISA** Well, I had Ryan three years after Maya and my emotions couldn't have been more different. Maya is jealous of the closeness I have with Ryan and she's argumentative with me. Luckily, Mike adores her and she's a real Daddy's girl. He takes her side in disagreements, too, which drives me mad!

**DR SANDRA** OK, I think you may be a little bit envious of your husband's relationship with Maya – jealous even. But remember, a father/daughter relationship is a special one, just as a mother/son one is. Your relationship with Maya is bound to be different. She's

**'It's OK to have a favourite. That's life'**

hitting puberty now and will be using her dad to experiment with male/female scenarios. That's perfectly normal. When Maya has her own baby she'll want her mum, not her dad. You have a unique role to play in the future life of your daughter, so start to build on that now.

**LISA** But I feel so guilty, because she often says she knows Ryan's my favourite. She gives her dad a lot of cuddles, but not me. What's wrong with me? I know she's a lovely girl, but how do I learn to love her more?

**DR SANDRA** Do you know, it's OK to have a favourite child. That's life. Instead of saying to yourself that you 'don't love' Maya, try saying you 'don't always like her' instead. I think you do love Maya, but it's natural to sometimes not like our children. She's not spending more time with her dad to annoy you – they probably have more in common, just as you may have more in common with Ryan.

## WHAT SHOULD LISA DO? You tell us

◆ Be positive in the way you talk to your daughter and with the words you use, too. Remember to smile at her and try to have a laugh together.  
*Dave, 34, Croydon*

◆ I found it harder to get on with one of my girls and realised she couldn't like and love me if she didn't know me. I made an effort to get to learn what

makes her tick and we understand each other a lot better now.  
*Sunny, 41, Cardiff*

◆ Why not start a hobby with your daughter or an activity that will give you both something to talk about? Take an interest in the things she's into to get to know her better. Get your husband to take Ryan out

so that you and Maya can spend some uninterrupted time together.  
*Vicky, 36, West Midlands*

◆ Don't get hung up about the 'favourite child' syndrome. They may notice that you spend more time with your other child, but that doesn't mean that you don't love them, too.  
*Beverly, 43, York*

## Need more help?

◆ To find a therapist or counsellor in your area, contact The British Psychological Society on 0116 254 9568, or visit bps.org.uk.

◆ Parentline Plus, a national charity for anyone caring for children, offers advice on any problem, big or small. Free helpline on 0808 800 2222; parentlineplus.org.uk.



Family relationships don't always come easily – you have to work at them.



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# Your 8 most common summer problems

sorted!

If you feel more irritable than laid-back in the sun, we've found some natural health solutions to keep you feeling calm and cool



## THE PROBLEM

### Excessive sweating

Just an hour after your morning shower, and you're dripping with sweat.

## WHY DOES IT HAPPEN?

◆ Sweating is your body's way of cooling down and some people perspire more than others. If you're worried you sweat excessively, see your GP.

## THE ALTERNATIVE REMEDIES

- ✓ Antiperspirants with aluminium chloride work by blocking sweat glands. Ask your GP or try **Triple Dry** antiperspirant (£4.99, chemists).
- ✓ Prefer deodorant? Try **Dr Hauschka Floral** (£11, drhauschka.co.uk).

### Feeling irritable

You feel hot under the collar and more likely to lose it in the hot weather.

◆ Overheating, dehydration and the tiredness it causes can make us more likely to snap. Research shows levels of aggressive crime rise in hot weather, too.

- ✓ 'Acclimatise yourself to the heat gradually,' says Prof Greg Whyte, an expert in environmental physiology – so go out in the sun for short bursts.
- ✓ Cool off with **Boots Hot Weather Cooling Spray** (£3.89) and try **StressAway** (£9.95, betteryou.uk.com).

### The eczema itch

Between 2-10% of adults suffer from this itchy, inflamed skin condition.

◆ Though the sun can sometimes ease eczema, getting hot and sweaty worsens the itch.



- ✓ Wear cool cotton clothing.
- ✓ Spritz with **Salcura's Intensive Skin Therapy Spray** (£9.99, salcura.co.uk). Keep it in the fridge for super-cool relief!
- ✓ Try **Organic Repair Lotion** (£10, essential-care.co.uk).

### Red-faced rosacea

This condition is thought to be due to facial blood vessels that dilate too easily.

◆ Characterised by periods of flare-up and remission, rosacea is usually aggravated by heat as it causes blood vessels to expand more easily.

- ✓ See your GP for antibiotics and anti-inflammatories. In extreme cases, beta-blockers may be subscribed.
- ✓ For milder flushing, try **Melvita Rose Nectar Day Cream** (£24, melvita.co.uk). It contains a blend of rose extracts to reduce redness.

### Suncream sensitivity

You know you've got to wear it, but what if your UV protection gives you a rash?

◆ Fragranced sunscreens and those with preservatives, such as parabens, have the potential to cause allergic reactions, especially in sensitive skins.

- ✓ Try Lavera's range of suncreams – they're free from perfume, synthetic preservatives and colourants and contain no flower or herbal extracts or essential oils, which can irritate sensitive skin.
- ✓ **Lavera Neutral Sun Cream** SPF20 (£10.50, lavera.co.uk).

### Prickly heat

Also called heat rash, it makes your skin itch, sting and prickle. Maddening!

◆ It's caused by blocked sweat glands – the sweat trapped beneath your skin causes the irritation.

- ✓ Take one Vitamin A&D for a week before you travel and then one Piriton with one A&D each night you're away.
- ✓ Wear loose cotton clothing, take tepid showers and soothe with a cream such as **Eurax Lotion** (£4.60, chemists).

### Athlete's foot

This fungal infection, usually between the toes, leaves your skin itchy and sore.

◆ The fungus thrives in warm, sweaty environments (like your summer shoes!). It's infectious, so you can pick it up at the holiday poolside, too.

- ✓ Change your shoes often and clean inside with cotton wool soaked in a natural antiseptic, such as witch hazel or tea tree oil, suggests podiatric surgeon Trevor Prior (feetforlife.org).
- ✓ Or try antifungal cream **Lamisil Once** (£9.78, chemists).

### Sun-sensitive headaches

Throbbing headaches in the sun are no fun at all.

◆ It's often due to dehydration. 'Sunlight flickering through trees when you're driving can trigger migraines,' says Dr Anne MacGregor (migrainedclinic.org.uk).

- ✓ Drink plenty of water.
- ✓ An old-fashioned cold-compress on the forehead (dotted with peppermint oil) can work wonders.
- ✓ When you're out and about, try **Tisserand's Head Clear Roller Ball Remedy** (£4.95, tisserand.com). It contains essential oils to soothe pain.



# Looking for a happily ever after?

There's before the diet. And there's after.  
But what about after the after?



**Before:** dress size 14

**Monica dropped  
3 dress sizes in  
3 months**

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Call **0800 2 988 988**

ROI 1800 927 213

*"I learnt so much from my LighterLife Counsellor. Even now the group's support helps me keep my size 8 figure."*  
**Monica, Harrogate**



**Another year on:  
still a dress size 8**



  
**LighterLife**

**LighterLife Lite** - if you're **1-3 stone overweight** (BMI of 25 to 29.9)

**LighterLife Total** - if you're **3 stone or more overweight** (BMI of 30 or above)

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# health updates

All the latest news you need to know to help you stay healthy

## One small change... BIG difference

Have two meat-free days a week. If we all cut our meat consumption by 30%, 18,000 premature deaths from heart disease could potentially be avoided each year.



### BEST NEW SUMMER BUYS

Give bugs the brush-off with Boots Repel Once Insect Repellent Spray (£8.99 for 125ml) and Repel Once Insect Repellent Lotion (£8.29 for 60ml). Both protect for up to eight hours, so you can enjoy your hols in peace.



## 36%

That's how much you can slash your risk of osteoporosis by having cereal and milk for breakfast every day.



### NAUGHTY CRAVING: ICE CREAM

**SAINTLY SOLUTION:** Freeze a banana, then peel and pop it in a food blender for instant 'banana ice cream'. Sprinkle with grated dark chocolate as an extra treat.

## Everybody's talking about...

### ...how fat we're getting

With an astounding 25% of UK adults now classed as obese, says the World Health Organization, we have the highest obesity rate in Europe. And it gets worse... in ten years, 80% of men and almost 70% of women are expected to be overweight or obese. 'We need to just eat less, make healthier choices and move our bodies more,' says Dr David Haslam of the National Obesity Forum ([nationalobesityforum.org.uk](http://nationalobesityforum.org.uk)).

## A day in the diet of...



Mum of two,  
Linsy Baker,  
36: size 12,  
9st 7lb

### BREAKFAST

Wholemeal muffin with strawberry jam

### LUNCH

Spinach pasta with chicken and steamed vegetables

### DINNER

Tin of soup with bread roll

### SNACKS

Chocolate bar, or packet of Maltesers, or cereal bar, mango chunks, or other fruit salad, packet baked crisps and Müller Light yogurt

### DRINKS

3 cups of coffee, 500ml diet cola, masses of water



### THE EXPERT SAYS...

'Linsy's doing really well,' says nutritionist Fiona Hunter. 'But tinned soups can be high in salt, so she'd be better off making her own, using low-sodium stock. Adding beans or lentils would boost her low fibre intake. If Linsy doesn't eat much red meat, she should try a breakfast cereal like bran flakes, which is fortified with iron. Fruit and yogurt are obviously healthier than chocs or crisps, and a fruit smoothie would be another good snack choice.'

## Ask the doctor...

Dr Ann Robinson answers your questions.



**Q** I'm quite fair-skinned and have lots of moles. Should I avoid sun altogether?

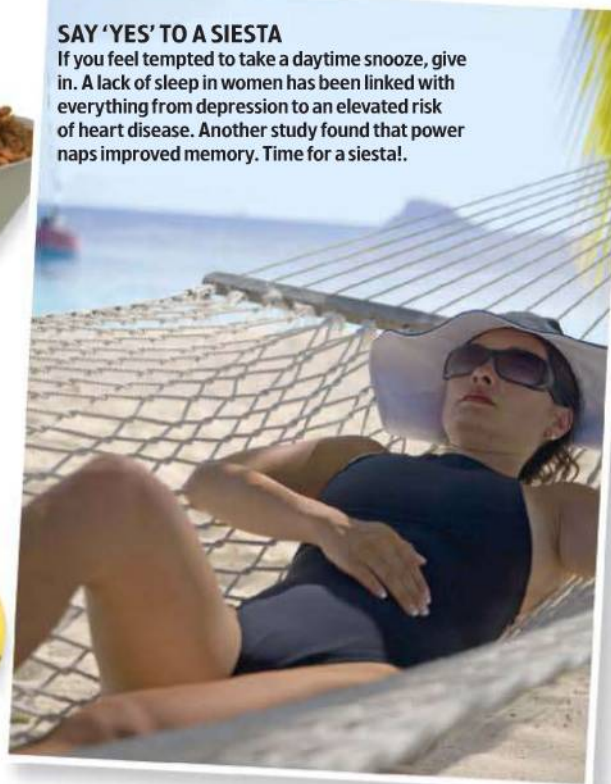
**A** Too much sun can increase the risk of skin cancer, but 60% of us in the UK lack vitamin D (which we get from sunlight and oily foods). The compromise is to spend at least 15 minutes a

day outdoors, but, to avoid skin damage, stay out of the midday sun, use sun protection of SPF15 or more and wear a hat when the sun is fierce. If any of your moles start changing, see your GP.

\* Send your questions to Dr Ann. See page 3 for contact details.

### SAY 'YES' TO A SIESTA

If you feel tempted to take a daytime snooze, give in. A lack of sleep in women has been linked with everything from depression to an elevated risk of heart disease. Another study found that power naps improved memory. Time for a siesta!





## DID YOU KNOW?

Women who've taken the Pill are less likely to die from any medical cause – including all types of cancer – than those who have never taken the oral contraceptive.

## Spot check: What's that rash?



## FEEL BETTER IN A SENTENCE

...Eat chocolate rather than sweets!

So says cosmetic dentist Teresa Day of Appledore Dental Clinic ([appledore.co.uk](http://appledore.co.uk)). 'Chocolate contains fats and proteins, so is less damaging to teeth than sweets.'



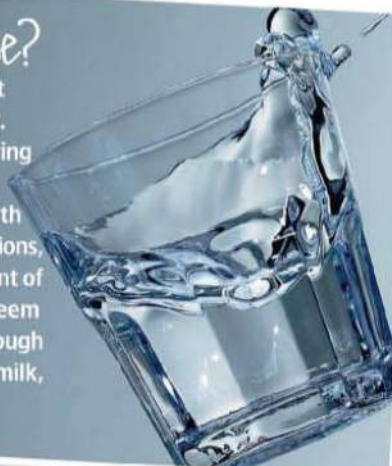
## Living with a dodgy digestive system?

Regulat (£16.40 for 100ml, from [regulat.net](http://regulat.net) or call 0800 043 4019) is an organic fermented superfood tonic. It improves natural enzyme function to break down and digest nutrients in foods, eases heartburn and IBS, prevents bloating after meals and boosts immunity. Take 2tsp before breakfast and at bedtime.



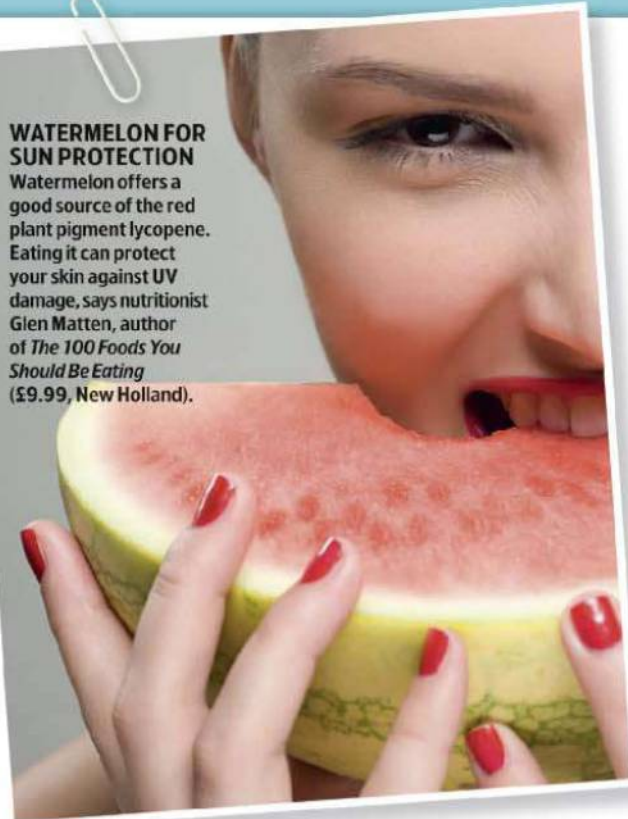
## True or false?

You should drink eight glasses of water a day. **FALSE** Only people living in hot, dry climates, athletes, and those with certain medical conditions, need a specified amount of fluids. The rest of us seem to get all we need through our diet and drinking milk, juice, tea and coffee.



## WATERMELON FOR SUN PROTECTION

Watermelon offers a good source of the red plant pigment lycopene. Eating it can protect your skin against UV damage, says nutritionist Glen Matten, author of *The 100 Foods You Should Be Eating* (£9.99, New Holland).



## Sore throat?

Try this...

**Tea with honey and lemon**

will soothe your throat. Red wine can also be effective against the bacteria that causes gum disease and infections such as tonsillitis and laryngitis.



Not this...

**Antibiotics**

– they don't work against viruses, the most common cause of sore throats. While they may help if you have a bacterial throat infection, they reduce the time you have a sore throat by only around one day.



## NEWS FLASH

**Speed up your walk to trim your tummy.** Women who speed-walked three times a week lost five times more stomach fat than moderate walkers and dropped an extra two inches from their waists, according to a recent US study. **Get going girls!**



# 79% OF OVER 35 YEAR OLDS SUFFER FROM GUM DISEASE



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**Corsodyl Mint Mouthwash contains chlorhexidine digluconate. Always read the label.**

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When planning your garden layout, the easiest way is to mark out areas with a ball of string and sticks. Simply push the sticks into the ground and string out the areas. This gives an idea of space and whether the design will work.

# Take the indoors outdoors

Wave goodbye to time-consuming digging and planting gardens. Long lazy summers outdoors need comfort and furniture just like you have inside



## MEET THE OWNER

Nicola Gammon bought her home in north London for the space the garden offered – though it was just a patchy old lawn when she moved in. How did she turn it around? Nicola says: 'Every time I saw something that I liked in a magazine – anything from flowers to furniture – I cut it out and filed it. After that it was a straightforward job to make a plan and then get quotes for some of the building work I couldn't do myself.'



## A sociable garden

Plenty of seating for friends and family has replaced the once drab plot. Now, a patio and outside dining area looks over the lawn, beyond which is a summer house and lounging space. Nicola has softened the edge where the lawn meets the raised beds with Carex 'Evergold' ornamental grass – an easy, hardy plant. Wood furniture and Lloyd Loom chairs were given a modern take with bright, patterned accessories.

**GET THE LOOK** Single pergola arch, £199, Homebase. Grape vine, £11.99, Crocus. Carex 'Evergold', £4.98 for a 1.4-litre pot or three for £10, B&Q. For similar pink and blue cushions, Dotty cushions, £15, House of Fraser.

**GET THE LOOK** You'll find wood outdoor dining furniture at Bhs, John Lewis, Homebase, B&Q or online at Very, from £49 for a table or chair, and cheaper if you buy them as a set. Centrepiece peace lily, from £10 at DIY centres. For a path, order a ton bag of gravel from B&Q or Travis Perkins for around £40.







### SAVVY DESIGN SECRET

Choose green shrubs with white flowers to keep the look minimal and modern.

### Outdoor lounge

Nicola wanted a couple of nice big benches for friends to lounge on – it's the latest must-have if you have space for a dining area and a living room-style garden. They are made from railway sleepers with white sofa pads and cushions for comfort and style.



**Tip** Sail shades give a Moroccan look to the garden and are an unusual alternative to the everyday parasol.

### Create big flowerbeds to divide your garden

The raised plant beds with white-painted rendered walls act as a divide between the lawn and the lounging area. They're planted up with easy-care plants like fig, phormium and lavender and a pretty white shrub rose. The beds also provide a backrest for the loungers.

A large area of lawn helps break up the surrounding hard landscaping and provides a lush backdrop for the raised beds and seating areas.

**GET THE LOOK** eFoam does bespoke cushion inners from £10. Buy outdoor fabric, but spray it with Scotchgard water repellent, £9.99 from [fabricUK.com](http://fabricUK.com), to protect cushions and pads. Coolaroo sail shade, from £49.95, Primrose London.

**GET THE LOOK** Check in the *Yellow Pages* for a local timber yard selling old railway sleepers – usually about £30 each, and go to [railwaysleeper.com](http://railwaysleeper.com) for handy online advice on fitting and fixing. Buy lawn turf from a garden centre or 20 sq metres for around £90 at [onlineturf.co.uk](http://onlineturf.co.uk). White shrub rose, from £8.99, Crocus.



**tip** You can get three free quotations from local builders to turf the lawn, lay a patio or build rendered beds by logging onto [ratedpeople.co.uk](http://ratedpeople.co.uk). You can also check what customers had to say about the work done – and it costs nothing.

## Chill-out summer house

From the house, your eye is drawn down the lawn to a pretty summer house. Nicola bought it secondhand from an ad in the local paper – at a fraction of the cost of a new one. She painted it blue to give the garden a pretty focal point. With an old Lloyd Loom chair in the doorway and a large potted hydrangea, it's the perfect spot to while away an afternoon with friends.

**GET THE LOOK** For a good choice of affordable summer houses, from £569, go to [gardenbuildingsdirect.co.uk](http://gardenbuildingsdirect.co.uk). For outdoor paint in blue, Cuprinol Garden Shades Forget-Me-Not, £23.50 for 2.5 litres. Hydrangea, from £8.99, Crocus.

**tip** For easy online help go to [shootgardening.co.uk](http://shootgardening.co.uk), where there's a free garden planner, or sign up for advice on what's best for your garden.

## What to shop for...

Get an outdoor room you'll love with practical gardenware and brightly coloured accessories.

**Fig, Ficus carica**  
'Brown Turkey',  
£27.50,  
Trees Direct.



**Market Parasol**, £99,  
John Lewis.



**Haws 5-litre Galvanised Watering Can**, £29.35,  
Beth Stevens.

**Grape vine**,  
£24.75,  
Trees Direct.



**Knife Edge Silk Cushions**,  
£20 each,  
John Lewis.



**Sienna bench**,  
£69.99, Argos.



**Rectangular decorative flower pot**, 27x17cm,  
£22, Jasmine Way.



**Green woven pot**,  
29cm, £13.48, B&Q.



**Acrylic jug**,  
£6, and  
**tumbler**,  
£1.50, both  
John Lewis.



**Linea wasp catchers**,  
£5 each, House  
of Fraser.

**White painted bamboo tray**, £18,  
Debenhams.



**Rattan chair**,  
£39.99, Argos.

**Ascot extending table**, four folding  
chairs and two folding  
armchairs, £299, Very.



**Summerhouse**,  
£379, Argos.

FEATURE: JENNIFER NEWTON. PHOTOS: MARIANNE MAJERUS

For stockists, see page 139



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# SHOP smarter

...best buys, expert help and websites to save you money

## Make the most of your BBQ this summer

Tested for you!

**Portable BBQs** We're hoping to cook up a storm now summer's here with one of these great-value, take-it-anywhere BBQs.



### CHIC BUCKET

**Bucket Charcoal BBQ**, £9.95, John Lewis

**PROS** Has side air vents and a carrying handle, and grill has a safety handle, too. Comes in a range of modern colours.  
**CONS** Not a sturdy enough design to last for repeated uses. **6/10**



### BEST VALUE

**Portable Bucket Barbecue**, £7.98, wilkinsonplus.com

**PROS** The price! Easy-slide air vents to maintain temperature, solid grill and legs to give a bit more height.  
**CONS** Not for large quantities of food, slightly flimsy and no carry handle. **7/10**



### WORTH THE EXTRA

**Weber Smokey Joe**, £59.95, John Lewis

**PROS** Iconic in style as it's the original kettle barbecue, just in miniature size. The most robust out of all tested and cleans up like new after use.  
**CONS** The price – but will definitely be a good investment. **9/10**



### SPACE-SAVER

**Notebook Portable BBQ Grill**, £21.99, firebox.com

**PROS** Big and robust for a portable, yet folds flat with built-in handle. Best under-£30 item tested for lighting, retaining heat and cooking easily.  
**CONS** Warped slightly after 3 uses. **7/10**



### WIND-PROTECTED

**Vegas Folding Charcoal Barbecue**, £20.96, B&Q

**PROS** Folds up neatly for storage, easy to put together and has a large cooking grill – great when sizzling for many.  
**CONS** More bits to assemble and to then pack up, soon looks a bit worn from use. **6/10**



Be green

## Join the latest craze

Veg seed sales soared last year as thrifty homeowners started growing their own. Almost 80% of all seeds sold in garden centres were for vegetables rather than flowers, compared with just 30% ten years ago. Grow-your-own devotees say you save hundreds on your food bills, get out in the fresh air and, food you've grown yourself tastes so much better than shop-bought.

◆ No room in the garden? Try herb-growing pots from £1.49 at Marks & Spencer. They contain all you need to grow lots of different varieties, including the ever-popular basil and parsley.

## Briquettes vs charcoal What's best for the barbie, the food and you?

**BRIQUETTES** are cheaper and often come in easy-to-light bags. But they're lower quality as they're made from charcoal waste with artificial fillers. These added chemicals can taint your food.

**LUMPWOOD CHARCOAL** No added chemicals and made just from chunks of wood, so food flavour is not harmed. British-grown and made is the best and it will light easier than imported.

✓ **Buy locally grown if possible** Nine out of ten bags of charcoal sold in the UK is imported and much of it comes from endangered tropical rainforests. Buying imported charcoal has an additional environmental impact, as fossil

fuels are also needed to transport it to the UK. Not only would buying local charcoal help stop the deforestation in tropical forests, it would also help the survival of the UK's sustainably managed woodland. Find your local supplier at [localcharcoal.co.uk](http://localcharcoal.co.uk).

✓ **How to light** Scrunch up newspaper to cover the base of the BBQ, then thinly cover with charcoal. Light the newspaper and when the charcoal has properly caught, add more. Within 15 minutes the charcoal will turn a greyish colour with glowing coals and it'll be ready to cook on.



### BEST BUYS

**Big K**, £7.99 for 5kg bag, from supermarkets, DIY centres or at greenfingers.com; **BioRegional Homegrown Charcoal**, £5.99 for 3kg bag, both sourced from well-managed UK woodlands.



Looking forward to a sizzling summer? We help you get the best from your BBQ.

essentials  
Tried it,  
loved it!



## Knife sharpener

This dinky gadget will mean never replacing a knife again. Just pop the knife in the slot, slide it backwards a few times and – hey presto – a knife that can slice anything again. From £10 at [anysharp.com](http://anysharp.com).



# SHOP smarter



Adult's apron,  
£26-£36.

Mucky pup  
bib, £5.95.

## Affordable personalised presents

...or to add individual character to your home check out online retailer Scarlett Willow ([scarlettwillow.co.uk](http://scarlettwillow.co.uk)). Choose from place mats, napkins, aprons or toddler bibs with a message embroidered on.

## DIY CORNER...

### A new way to paint metal furniture

An electrostatic gun makes it quick, as there's no primer or undercoat needed. As you spray, the paint wraps around any metal object for a smooth finish.

**STEP 1 PREPARE** Sand back all rough edges and flaking paint with sanding sheets or an electric sander. Then clean off any dirt, dust or grease with white spirit. Mask off and lay paper or dust sheets to protect the area from overspray.

**STEP 2 PAINT** Shake paint canister well and insert into the Hammerite Metalmaster electrostatic paint gun, and earth by clipping the attached cord to a part of the metal you're painting. Holding gun approximately 15cm away, press the trigger and use a smooth sweeping motion to cover the item with paint.

**OUR VERDICT:** The paint is an almost invisible, fine spray and not obvious when you start, so do wear old clothes. It took us just an hour to paint a large table and the finish was very professional.



Hammerite Metalmaster electrostatic gun, £43.99; paint canister, £16.99. But the cheaper option would be to use a tin of Hammerite Direct To Rust Metal Paint, £19.99 for 1 litre, and a paintbrush!

## Get it **CHEAP!**

Vouchercloud.com is the latest site where you can print off discount vouchers for retailers like Argos, Bhs and Wallis before shopping or going out to a restaurant, with many offering 2-for-1 meals...

## Get it **FREE!**

...and if you have a smartphone, download the vouchercloud app for free. Use the app to search for discounts then get an instant barcode on your phone for the retailer to scan from – so easy!

Be  
green

## How toxic are your beauty products?

Many creams and lotions we use every day use the words 'natural' and 'organic' leading us to believe they're free from chemicals like parabens or sodium lauryl sulphate (SLS) when most are not. While more research is needed, Holland & Barrett is leading the way in only stocking skincare products without them, so their products are a safe bet.

**WHAT ARE PARABENS?** They're a group of chemicals widely used as preservatives in cosmetics.

**WHAT IS SLS?** It's a harsh detergent first used as an industrial degreasant to clean floors, but is now found in shampoos and toothpastes. SLS strips the oils from your skin, which can irritate. The big concern is that it is easily absorbed into your body.



Holland & Barrett's Dr Organic range is totally toxin free, and includes rich body butter, face cream, toothpaste and shampoo, from £2.49.

## Website to bookmark... **achica.com**

It's the new designer home bargains website. On Monday, Wednesday and Friday new sale items are added with a time of when the sale will end. Big-name brands are 30%-70% off. Sign-up is free.

## Don't get left in the dark!

**essentials  
mini offer**

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- ◆ Easy to fit – no need for an electrician.
- ◆ Great for use in cupboards, wardrobes, under stairs.
- ◆ Only £14.95 + £2.99 p&p for six lights (each one requires three AAA batteries – not included).

**TO ORDER**, and for terms and conditions, call 0845 121 8010, quoting XES254. Calls cost a maximum of 5p per minute from a BT landline; mobile and other service providers' rates may vary. Or log on to [goodtobuy.co.uk](http://goodtobuy.co.uk). Closing date 4 October 2010.





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# THE SMART WOMAN'S GUIDE

in the know

## How to make money from your house

Fancy waving goodbye to electricity bills but think solar panels are too expensive to install? Not with the latest cashback scheme

**T**his new Government incentive to get us to go green is tempting. It's eco-friendly, your bills will be lower, and you're paid for making electricity, as well as earning extra money from what you don't use.

In a nutshell, the initial outlay to buy and install solar panels is about £9,000–£12,500 for a typical house. But this money is made back within ten years, as your electricity company pays you cash for the electricity you make. Then, once the initial outlay is paid off, it becomes a nice little earner, paying around £1,000 a year. Plus you get free electricity!

### Why the cashback?

We're using too much fossil fuel energy in the UK and once it's used, that's it. Solar power is renewable, and better for the environment.

### How does it work?

The Government wants to encourage homeowners to be a part of the scheme with the Feed-in Tariff incentive, which means homeowners are paid for the electricity they make. It simply involves you buying the system yourself and you are then paid for every unit of electricity you generate, plus a bit more for exporting to the national grid; this is guaranteed for 25 years. It also means that you get free electricity during the day. You don't need to do anything, because when the system is installed it will be wired up to the current meter in your home.

During the winter in the UK, it's only possible to produce about a quarter of the

amount of energy as in the summer. So, you can't rely solely on solar panels for all your energy and will still need to be hooked up to the main electricity supply for the evenings and in winter.

### Who pays you?

The payments will come from your existing electricity supplier, but will be overseen by Ofgem. It's Government law that guarantees you a fixed, premium rate.

### Is any roof suitable?

For maximum efficiency, solar panels should be mounted on a south-facing roof, away from the shadow of trees and buildings. Millions of UK homes are suitable and the technology is long-lasting and virtually maintenance-free.

### HOW TO AFFORD IT

If you don't want to buy outright, an option is to add the cost to your existing mortgage...

Here's an example...

For a £250,000, 25-year repayment mortgage on a fixed rate of 4%:

- 1 Monthly payments are about £1,300.
- 2 You add a typical solar roof, costing £12,500, to this mortgage.
- 3 Repayments go up by £66 a month, but you get £1,000 a year from Feed-in Tariff income and electricity savings.
- 4 This leaves over £200 per year in profit on the solar investment.



You won't be throwing your cash out of the window with nothing to show for it if you go solar!

### Women like you



### 'We did it!'

Emma Gill and her partner Robert Daley, both 35, live in Carnforth, Lancashire, with

Merlin, 9, Lilly, 6, James, 3, and Rose, 2. They had a solar roof installed in January. Emma says: 'It's been worth it, as I can see us being here for some time and the saving was immediate. The money we used was in the bank earning little interest, but with solar panels we get a guaranteed return of about 9% each year. I spent £12,500 on an electric system from Planet Solar. The combined income and savings will be over £1,000 a year, tax-free, for 25 years. I'm paid 41.3p for every unit of electricity the panels make, plus 3p for any we can't use, which is exported to the national grid. I like to think I'm investing in the future for my children.'

### WHERE TO FIND OUT MORE

◆ For advice on installing and how the costs work, go to [solarcentury.co.uk](http://solarcentury.co.uk). You can find a local installer at [microgenerationcertification.org](http://microgenerationcertification.org) or call 020 7090 1082.



# 5 best teatime treats

Make teatime special with homemade cakes, dainty sarnies and Kelly's Cornish ice cream

## 1 Delight the whole family

You don't need pricey days out to keep the kids happy this summer. Step back in time and treat them to a special afternoon tea. Try this recipe for shortbread with strawberries (right) from mum Heather Hugo. She lives on one of the farms that supplies the local Cornish milk and cream that give Kelly's ice cream its unique, velvety taste.

## 3 Make it special

Use tea leaves, such as Earl Grey, for an elegant brew. Make cucumber or egg finger sandwiches with the crusts cut off.



## 4 WIN A BOWL SET

For your chance to win four Cornishware bowls, worth £40 from T.G. Green ([tggreen.co.uk](http://tggreen.co.uk)), answer this question: What type of cream goes into Kelly's ice cream? Enter and read conditions at [kellysofcornwall.co.uk](http://kellysofcornwall.co.uk).

## 2 Heather's shortbread with strawberries



This deliciously sweet recipe is perfect served as part of a traditional afternoon tea.

- ◆ Heat the oven to mark 2/160C. Cream **175g butter** with **75g sugar** until fluffy. Mix in **175g flour** and **1 tbsp semolina**. Press the mixture into two round tart tins. Score 8 portions in each. Chill for 15 mins.
- ◆ Hull and quarter **500g strawberries**. For the coulis, blend a handful with a little of the **juice of 1 lemon**, pass through a sieve and reserve. Put the remaining berries in a bowl with the rest of the lemon juice.
- ◆ Bake the shortbread for 30 mins.
- ◆ When cooled, layer with strawberries and coulis and serve with **Kelly's Clotted Cream Cornish Ice Cream**.

“My pudding is fabulous with clotted cream ice cream”

Farmer's wife Heather Hugo

## 5 Go with tradition

Forget cans of pop and make a jug of homemade lemonade for the kids. To prepare, gently heat 500ml water and 225g caster sugar in a pan. Put into a jug with the juice of 7 lemons and chill. Add ice to serve.



## FIND OUT MORE

Kelly's ice cream has been made in Bodmin for more than 100 years using Cornish whole milk and clotted cream sourced from local dairy farms within 15 miles. Traditional and modern methods give the ice cream its great taste. Kelly's Clotted Cream ice cream is available at supermarkets, priced £2.99 for 1 litre.



[kellysofcornwall.co.uk](http://kellysofcornwall.co.uk)

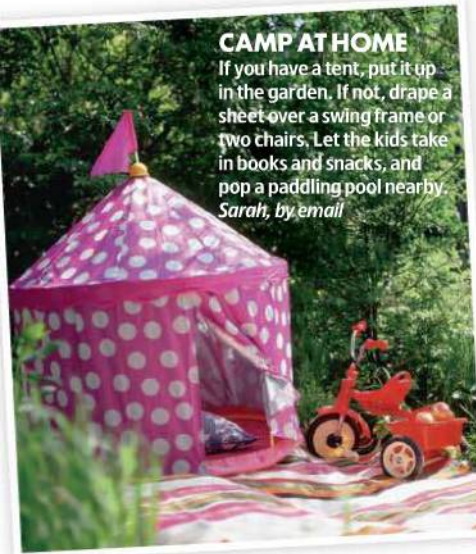


# The £1-a-day school summer holiday challenge

With six long weeks of holidays ahead, what can we do with the kids that won't break the bank? Savvy, stress-free mums suggest some oh-so clever ideas!

## CAMP AT HOME

If you have a tent, put it up in the garden. If not, drape a sheet over a swing frame or two chairs. Let the kids take in books and snacks, and pop a paddling pool nearby. *Sarah, by email*



## Make someone's day

Three second-class stamps cost less than £1. Get your children to send a letter to three special people. If they're too young to write, they could send pictures. They'll be thrilled if they get letters back. *Helen, Nottingham*

## Swap shop

Sort through your child's toys and let them select items they don't want any more. Then get together with a group of their friends for a toy swap session. Exciting new toys, at no cost! *Debbie, Keighley*

## Sporting challenge

Turn a trip with friends to the park into the Olympics. Take a stopwatch and make up events to suit all skills – most keepy-uppies, fastest to do ten forward rolls, longest time on one leg... *Chrissie, Dumbarton*



## Pick your own

Rather than drag them round the supermarket for your fruit and veg, pick your own. It's tastier and cheaper – not least because it's specially picked by their little hands. See [pickyourownfarms.org.uk](http://pickyourownfarms.org.uk). *Claire, Kent*



**X-FACTOR** Make them stars for the day! Put on their favourite music, then get them to make up a routine. Why not record it and have fun watching it later. *Anna-Marie, Barnstaple*

## Little quiz-masters

Lots of museums and galleries are family-friendly and free. Before you go, set questions they have to find the answers to – what's the biggest dinosaur? Which painting do they like best? Visit [culture24.org.uk](http://culture24.org.uk). *Sue, by email*

## Young photographers

By the age of 8, most children can work out the zoom, though younger ones may need help. Take them out with a digital camera and either give them a list of things to find and photograph or let them get creative. Print out their best photos so they can frame them with coloured card or make a special album. *Jill, Norfolk*



## Read all about it!

Take up the Summer Reading Challenge at your local library – the theme for 2010 is cosmic travel. Children have the mission, if they choose to

accept it, of reading six books in the holidays. They can get certificates and write their own reviews. Visit [spacehop.org.uk](http://spacehop.org.uk). *Bridget, Farnham*



## MASTERCHEF PICNIC

Search the kitchen for ingredients – then let them use their imaginations to put together their own sandwiches and salads. It will make a simple picnic far more exciting! *Jess, Birmingham*

## Spend time, not money

Chartered psychologist, Ruth Coppard, of [helpmehelpmychild.com](http://helpmehelpmychild.com) explains why we don't need to throw money at our kids to entertain them.

'Too many parents today worry that they're letting their children down if they're not spending money on the latest gadgets or entrance fees to theme parks. But spending time with your children is far more important than spending money. What children want most is to be with you.'

'And don't worry if they say they're bored. That's when they learn to invent games and activities.'

'If we think back to our own childhoods, our fondest memories are of adventures we had with our friends, and the time we spent with our parents. Few of us remember how much money was spent on us.'



# Magical summer garden party

Give your garden the wow factor with grown-up crafty makes, clever lighting and pretty buys

## Table talk

The table is often the focus of your garden party, so it needs to look gorgeous!

- ✓ Go for a pale pink and white scheme to create a fairytale look.
- ✓ Use quirky details such as pretty ribbons, strewn rose petals and sundae glasses to add charm.
- ✓ Make use of the frame of your parasol, by hanging mini lanterns and tealight holders from it.

Sundae glasses, £10 for four, John Lewis.







## Are you sitting comfortably?

It's not just your table that should look stunning. Dress up chairs with a seat pad or scatter cushion, then use ribbon to attach a bouquet of blooms from your garden.



Assorted pipe cleaners, HobbyCraft. £4.25 for 1,000.

Feather birds on clips, £2.95 for three, Dotcomgiftshop.

## Birds on a wire

Bend a wire coat hanger into your desired shape and wind around coloured pipe cleaners. Then get creative with pretty bits and pieces and finish off with a couple of feather perching birds.



One for the kids

## Wallpaper wheels

All you need is wallpaper, a stapler and some ribbon. Cut wallpaper into rectangles and, starting from the short side, make concertina folds as if making a fan, then staple at the bottom. Keep making these until you have enough to make a full circle, then staple on your ribbon, and hang.

## Posed rose

These look so impressive, but are really easy to make. All you need is a few sheets of tissue paper, some scissors and a needle and strong cotton.

Takes 5 mins



**1** Layer about six sheets of tissue paper on top of each other and cut out petal shapes. Try to make sure they're all roughly the same size.

**2** Tie a large knot at the end of your cotton and use the needle to gently pierce the base of each batch of petals, then thread through until all the petals are used up. Cut a few leaf shapes out of green tissue paper and thread these through, too.

**3** Tie a knot at the other end of the cotton, then wind the remaining cotton around the first knot to bring both ends together. Gently fluff out the petals and voilà! You've made a rose.



## Easy eye-catchers

Colourful glass decorations hanging from trees or bushes will sparkle prettily in the sun – they'll scare off unwanted birds, too.

Hanging glass disc decoration, £2.50; Ella tealight holder, £2.95; hanging bubbles, £2.95; hanging bird, £3.50, all John Lewis.





## Crafty hearts

As long as it's sheltered, a wire hook rack can be left outside. It's perfect for displaying decorations you may already have, but if you don't, Live Laugh Love has an extensive range of hanging hearts from £1.95 – they'll give trees a charming, fairytale look, too.

**tip** Decorating only one part of your garden will leave it looking unbalanced, so embellish each area – even if it's just with a couple of lanterns.

Garden lantern on stake, £10, Laura Ashley.

## Prettied up pathway

It looks so inviting if you line your garden path with lanterns or a row of Heat Wave firebags (below). One or two make a lovely table centrepiece, too – you can swap the candles for citronella ones to keep the mozzies from feasting on your guests.



## Midsummer night's tree

Fairy lights entwined in the branches of a tree never fail to look magical. Solar fairy lights are best as you don't need a plug point nearby – and they're eco-friendly.

Solar orchid lights, £14.99, Sainsbury's.



## Lattice lights

This is a cheap, but effective way to add colour to a dull fence or any part of your garden that still looks a bit drab. And come night time, you can have a gorgeous array of coloured lights, too! Hanging Jam Jar T-light Holders, Dotcomgiftshop. £7.95 for four.



Heat Wave Firebags, £4.50 for five, Talking Tables.



For stockists, see page 139

## Scene stealer

**Pastel shades work beautifully in an all-green garden.**

- ✓ Newsflash: outdoor furniture doesn't have to be brown! Buy a creamy shade of Cuprinol, such as Pale Jasmine, £19.99 for 2.5 litres, and stir in a tester pot – eg Rich Berry for pale pink.
- ✓ Pastel shades can be mixed and matched as they complement each other.
- ✓ Bring the look together by accessorising with pastel cushions, bunting and birdcages.

Birdcage **candle lamp**, £12.98, B&Q.  
English country **bunting**, £11.50 for 5 metres,  
The Cotton Bunting Company.





# Try some feel-good food

Eggs are a simple pleasure – fast, filling and full of flavour. And they're good for you, too!

**T**here is still a misconception among us Brits that we should limit our intake of eggs to just three or four per week (that's one omelette or a large portion of scrambled eggs). But the consensus of health experts worldwide is that saturated fat is the major dietary contributor to heart disease, not the cholesterol found in eggs. In fact, eggs are a healthy addition to your diet, as they're packed with key nutrients and contain only 80 calories per medium egg. So, now there are no limits, it looks like this new superfood could be very much back on the menu.

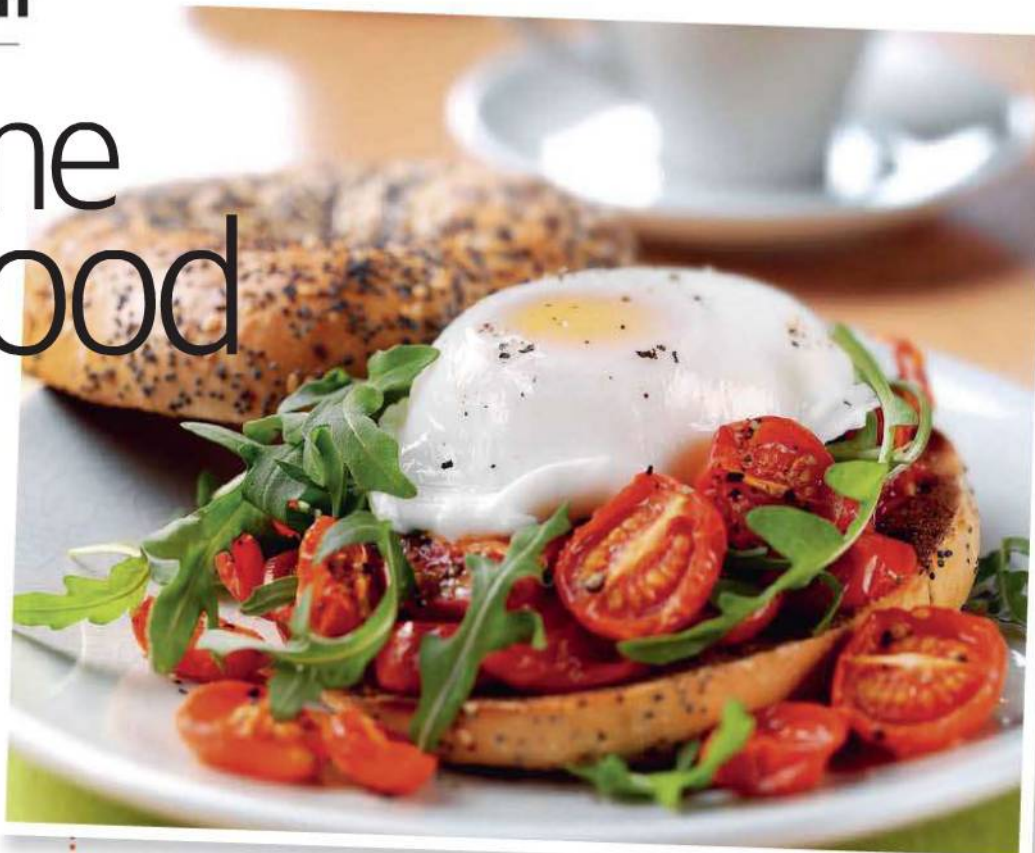
Look out for eggs bearing the British Lion mark, which guarantees that they have been produced to the highest standards of food safety. If you'd like more information and recipe ideas, visit [britegg.co.uk](http://britegg.co.uk).

## Expert opinion



**Dr Hilary Jones says:**  
'Eggs are rich in good-quality protein and are not high in fat. Many people still think they

need to limit foods that contain cholesterol like eggs. Yet the most important dietary factor affecting blood cholesterol levels is saturated fat, not dietary cholesterol. A diet high in protein may help you feel fuller for longer, and therefore help slimmers stick to their diets, too.'



## Bagels with poached eggs, roasted tomatoes & rocket

Fast, unfussy and delicious, this is a light, summery take on the classic egg sarnie

Serves 4 • Ready in 45 mins • 321 calories per serving

### You'll need...

- ☐ 450g/1lb cherry tomatoes, halved
- ☐ 1 tbsp olive oil
- ☐ salt and freshly ground black pepper
- ☐ 4 large British Lion eggs
- ☐ 4 bagels, split
- ☐ handful of wild rocket leaves, to garnish

**1** Preheat the oven to Gas Mark 2/150°C/Fan 130°C. Place the **tomatoes** cut side up on a baking tray, drizzle over the **oil** and season. Bake for 35–40 mins, or until the tomatoes have shrivelled and 'dried' a little.

**2** Fill a large frying pan with salted water and bring to the boil. Carefully crack the **eggs** into the simmering water and reduce the heat, boiling for 3–5 mins, depending on how you like your eggs.

**3** Lift the eggs from the water with a slotted spoon and drain on kitchen paper. Meanwhile, toast the **bagels** under a hot grill. Serve with the tomatoes and a generous handful of **rocket**.

## Try these fab 5 egg recipes!



**WHIP UP...** a folded omelette with mushrooms, thyme and creamy goats cheese.

**TOP...** main course summery salads with a poached egg to make an instant, low-calorie salad topping.

**BAKE...** eggs in ramekins with a splash of milk or soya milk, seasoning and

fresh chives. Serve with crunchy ciabatta toast.

**ADD...** curry paste and fresh coriander to egg mayo and use to top jacket potatoes.

**MIX ...** chopped hard-boiled egg with capers, tomato and vinaigrette, then serve with delicious salmon fillets.





# Food bites

Food Editor Jennifer Bedloe with hot new products, ideas and tips

## Low-cal... and lovely!

When I put these Mrs Crimble's Cheese Crackers out for the essentials girls to try, they were gone in a flash. As well as being ultra crispy, each one is only 24 cals – better stock up on them then! They come in three flavours, £1.85 from most supermarkets.



## Make it... in 20 mins!



### Tuna & potato salad

Cook 400g new potatoes in boiling water until tender; slice and transfer to a bowl. Toss the potatoes with a little butter, a handful of chives, chopped, and season. Mix ½ iceberg lettuce, shredded, with 2 carrots, coarsely grated, and 198g tin sweetcorn, drained. Mix together 200g tin tuna in spring water, drained, with 3 heaped tbsp mayo and a squeeze of lemon. Layer up the salad and top with the sliced potatoes.



## or cheat it... in 5 mins

Microwave a 385g pack new potatoes with herbs and butter. Layer up ½ an iceberg lettuce, shredded, with 2 carrots, grated, and top with 2x185g tins John West Tuna in Mayonnaise with Sweetcorn. Top with sliced potatoes.

## or buy it!

Pop into Waitrose and pick up a Tuna Nicoise Salad bowl, £3, for lunch. It also includes Kalamata olives, slices of egg and a pot of dressing.



## NEW TREND

Forget studenty shots... there's a sophisticated way to drink tequila, too! Try a Pepito Collins: shake 2 shots Sauza Blanco Tequila, 1 shot of freshly squeezed lemon juice, ½ shot sugar syrup and ice in a cocktail shaker. Pour into a tall glass filled with ice and top up with soda water.



## Reader tip

'My mum's snack recipe tastes so good – we call it Spanish toast. Melt 25g butter and mix in 50g grated Cheddar and 2tbsp marmalade. Heat through, pour into a pot and leave to set. Spread on toast and grill until golden brown.' From Joyce Stark, Montrose

## Foody days out...

### ...with the family FOOD & FUN

There'll be celeb chefs, tasty food stalls and lots of things for the kids to do at Jimmy's farm in Suffolk on 11–12 Sept. Tickets start at £10 from [harvestatjimmys.com](http://harvestatjimmys.com).



### ...with a best friend FISH & FIZZ

Head to sunny Cornwall for a tour of the Camel Valley Vineyard ([camelvalley.com](http://camelvalley.com)). It costs just £6 and includes a glass of sparkling wine. Make a day of it and visit Fowey, just 20 mins down the road for fish and chips.



### ...with hubby EAT & DRINK!

Go along to Glasgow's George Square (30 Jul–1 Aug) and meet Michelin starred chefs, sample cocktails from top bars and join in one of the tutored tastings. Tickets cost £10 at [foodiesfestival.com/glasgow](http://foodiesfestival.com/glasgow).



## essentials Tried it, loved it!

### Best flavoured sausages for your barbie



M&S The Grill 2 Smoky Pork Sausage Whirls, £2.99 or two packs for £6 There's no fear of losing these through the grill! Top-quality pork and the sticky chilli glaze is sooo delicious. Really handy that they're burger-bun size, too.



Asda Extra Special 6 Spicy Roquito Pepper & Soft Cheese Pork Sausages £2.28 or three packs for £6 The sweet chilli peppers are really hot, but that doesn't stop these from being very moreish. Good overall flavour and nice and meaty.



Sainsbury's Taste The Difference Pork and Caramelised Red Onion Sausages, £2.59 Oh, the onion flavour is so delicious. Excellent quality meat – and not a bit of yucky gristle. They cook up really well and don't split.



# Food bites

## The only 3 salad dressings you'll ever need ...

...and so much tastier than shop bought (even if we do say so ourselves!)

### 'Cheffy' walnut oil

Blend 1tbsp cider or white wine vinegar with ½tsp Dijon mustard and ½tsp caster sugar and season. Whisk in 1tbsp walnut oil and 2tbsp light olive oil.

**TRY IT WITH...** rocket and baby spinach salads with extra crunch from toasted walnuts.

### Best-ever creamy Caesar

Whisk 1 egg yolk with 1tsp Worcester sauce, 1½tbsp lemon juice and seasoning until frothy. Add 150ml light olive oil until thickened. Stir in 4 anchovies, chopped.

**TRY IT WITH...** baby gem lettuce with croutons and Parmesan. Add bacon or egg to make it more filling.

### Spicy oriental

Mix 5tbsp light soy with 3tbsp toasted sesame oil, zest and juice of 1 lime and 1tbsp rice wine vinegar. Stir in 1tbsp caster sugar, pinch of chilli flakes and 1tsp sesame seeds.

**TRY IT WITH...** noodles and rice salads as well as crunchy sliced veg.

Dress (your salad!) to impress with any of our fab recipes...



## 24-HR SHOP

Send a blast from the past to friends and family courtesy of online sweet shop

**poshpickandmix.com.**

Pick the jar, choose from the range of retro sweets and write your message – simple. Jars cost from £15 and delivery is free. I'm fancying a jar of fizzy cola bottles and shrimps.



## TOP CHEF'S TIP

Steak is a terrific piece of meat with great flavour whether grilled or fried – and there really are no rules. Cook your steak exactly the way you like it and tell steak snobs to rack off... we all have personal taste! **John Torode**

## Kitchen must-have

Plastic food boxes are always falling out of my cupboards – so I've ditched them for these fab new stackable ones from Oxo Good Grips. As well as keeping food fresh, they're completely leak-proof and can be opened with just one hand (great when you've got a pan of pasta in the other!). Available at [lakeland.co.uk](http://lakeland.co.uk) and department stores (or call 0114 290 1455 for a stockist), from £3 each.

## WIN with essentials

We've got three sets to give away! For your chance to win one, turn to page 139 and tick ESSTREAT3 09 – you can enter by phone and text, too.



## What's new in store

Our round-up of the best new goodies to pop in your trolley this month...

## Biscuit tin envy!

Stock up with these little lovelies: for you, there's M&S Lemon Viennese, £1.39.

And to keep the kids happy, new Lively Lemon Jammie Dodgers, 89p.



## Gourmet ready-meals

Love duck, but never get round to cooking it? Time to try the new Gressingham Duck range available in Sainsbury's, Budgens, Asda and Waitrose. Prices start at around £2.99.



## X-rated – cheese!

If you like your cheese strong, you ain't tasted nothing until you've tried Pilgrims Choice Xtreme Cheddar. This needs to be savoured and enjoyed – not stuck in a sandwich! £3.59 for 370g.



## Heat & serve

Having friends round? Warm up some Asda Tomato, Garlic & Cheese Stromboli bread, hand it round... and wait for the ooh's and aah's to erupt! £1.87.



## Perk up your pasta

Add a spoonful of Tracklements Roasted Mixed Peppers, £3.25, to inject a bit of Med-style flavour to pasta. From [Waitrose and tracklements.co.uk](http://Waitrose and tracklements.co.uk).



## A classic case

How clever are the wine experts at Sainsbury's for putting 24 classic wines together called simply House? Even the labels look like the names have been chalked onto a blackboard restaurant style. Priced at £5 and under.





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# What you need for your perfect BBQ

Take one garden, add great food, friends, family and music, then mix well for a fab alfresco party



## Sunshine

Check the forecast and pick a warm, sunny day for your garden party. Hiring a gazebo is a good idea – it'll provide shade if guests get too hot and keep things dry if the unreliable British weather lets you down.



## Great music

Here are our funky tune suggestions:

- Hot Hot Hot by Bina Mistry
- Dancing in the Moonlight

- by Toploader
- Superstar by Jamelia
- La Bamba by Los Lobos

## Friends and family

Gather together your nearest and dearest for a lazy afternoon of catching up. Keep everyone satisfied with side dishes such as red cabbage coleslaw and warm coronation potato salad. For more BBQ ideas using Hellmann's, made from free-range eggs, go to [hellmanns.co.uk](http://hellmanns.co.uk).



## Delicious food

### Steak, onion & rocket baguettes with mustard mayonnaise

Serves 4 • Ready in 20 mins

- 596 cals per serving
- 26g fat • 6g sat fat

#### BUY FRESH

- ☐ 4 rump steaks, fat removed
- ☐ 2 red onions, sliced
- ☐ 1 baguette, split and cut into 4
- ☐ 1 small bag of rocket

#### CHECK YOU'VE GOT

- ☐ 2tbsp olive oil
- ☐ 2tbsp balsamic vinegar
- ☐ 4tbsp Hellmann's Light Mayonnaise
- ☐ 1tbsp Dijon mustard

- ◆ Light the barbecue. Put the steaks in a shallow dish, brush on 1tbsp olive oil and season.
- ◆ Fry the onions in the rest of the oil for 5–8 mins or until caramelised, season, add the balsamic vinegar and cook for 1 min.
- ◆ In a small bowl, mix the Hellmann's Light Mayonnaise and Dijon mustard.
- ◆ Check that the barbecue is ready, and



cook the steaks for 1–2 mins on each side. Then cut the meat into strips and divide between the baguettes. Top with the mayonnaise and mustard dressing, add the red onions and a generous serving of rocket leaves, and serve.

## Win!

## The ultimate BBQ party

Enter our competition and win everything you need

Every week this summer, Hellmann's is offering readers the chance to win a gourmet barbecue for you and 19 friends and family – complete with an expert chef, barbecue, cutlery and crockery, garden furniture, gazebo and beer, wine and soft drinks – there's even an iPod Touch and

speakers to keep. To win this fabulous gourmet barbecue, just tell us your barbecue recipe using Hellmann's Mayonnaise. To enter, and for full terms and conditions, go to [hellmanns.co.uk](http://hellmanns.co.uk) before 12 September 2010.

For the taste that can only be





# essentials Make it easy!



## NEW!

Want more chicken, salmon, mince or chocolate recipes? Go to our new website [www.goodtoknow.co.uk/essentials](http://www.goodtoknow.co.uk/essentials)



## 55 easy summer recipes for every occasion

Our Food Editor Jen Bedloe says: 'Every recipe in *essentials* is tested and retested to make it foolproof. We cook our recipes in real time – so you can rest assured you'll get your dish on the table without having a meltdown!'

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Created for  
you in the  
*essentials*  
kitchen



Hurray, it's BBQ season and time to eat al fresco!



Ice cream slice – your dream of a summer pud



Foolproof, Med-inspired sunshine food



Invite the girls round for tasty, no-effort posh nosh



Your fast family meals get a speedy make-over



Whip up a perfect cake... no flops guaranteed!



# 15 fabulous all-new BBQ recipes

## Minty lamb burgers

Homemade and in just 20 mins!

Serves 6 • Ready in 20 mins + chilling time  
• 428 cals per serving • 16g fat • 6g sat fat

**1** Mix together 500g **lamb mince**, 3tsp **mint sauce**, 4tbsp **breadcrumbs**, 3tbsp frozen chopped **shallots** and 1tsp dried **oregano** and season well. Divide into 6 and, with lightly oiled hands, shape into burgers. Chill until ready to cook.

**2** Cook for 4–5 mins each side or until cooked through. Serve in 6 **bread rolls** with a crunchy salad. We used **grated carrot**, **pickled cabbage** and **shredded lettuce**.

Packed with flavour – guaranteed! Don't settle for boring burgers and bangers any more. These fab new recipes are sure to be a hit!

**tip** Fancy a classic burger? Swap the lamb for beef and flavour with red onion and mixed herbs.



**Med-style  
barbecued chicken**

What's not to love – sun-dried tomato and balsamic-y chicken... mmm!

Serves 8 • Ready in 30 mins • 111 cals per serving  
• 5g fat • 1.5g sat fat

**1** Mix 3tbsp **sun-dried tomato paste** with 4 sprigs **rosemary leaves**, chopped, and 1tbsp **balsamic vinegar**. Coat 8 free-range **chicken drumsticks** evenly.

**2** Barbecue for 20 mins or until cooked through, turning to get an even charred flavour.

**Stuffed garlic breads**

The gorgeous tender veg makes up for the naughty butter (honestly!)

Serves 6 • Ready in 25 mins • 480 cals per serving  
• 35g fat • 10g sat fat

**1** Spread both sides of 1 **ciabatta**, halved horizontally, with 75g Lurpak **garlic butter** and fill with 125g **mozzarella**, 150g **basil** or **red pesto**, 290g jar **artichokes**, drained and sliced, 295g jar **chargrilled peppers**, drained and sliced, and 6 **basil leaves**.

**2** Sandwich together, wrap in foil and cook on the BBQ for 15–20 mins or until fully heated through and the cheese has melted.

Veggie

Fend off the carnivores! Everyone will love this veg-stuffed ciabatta



## Scallops & chorizo on rosemary skewers

Impress your friends with this posh scallop number!

Serves 6 • Ready in 10 mins • 111 cals per serving • 7g fat • 3g sat fat

- 1 Thread 2 (of 12) **scallops** and 2 (of 12) thinly sliced pieces **chorizo** alternately onto 1 (of 6) **rosemary stalks**, brush with **olive oil** and season with black pepper. Repeat to make 6.
- 2 Cook on the BBQ for 3–4 mins, rotating, until cooked through. Serve with **lemon wedges** to squeeze over.

## Big juicy prawns with lemon, sage & garlic

No one will be able to resist getting stuck into these gorgeous prawns – get the kitchen roll out!

Serves 6 • Ready in 10 mins + marinating  
• 80 cals per serving • 7.5g fat • 1g sat fat

- 1 To make a dip, combine 3tbsp good-quality **olive oil**, 2 whole, **cloves garlic**, bashed, juice and zest of  $\frac{1}{2}$  **lemon** and a few **sage leaves**, finely chopped; leave to infuse.
- 2 In a bowl, mix together the zest and juice of 1 **lemon**, 1tbsp **olive oil**, a few **sage leaves**, finely chopped, 3 large **cloves garlic**, finely chopped, and black pepper. Add 18 whole, shell-on raw **king prawns** and toss together. Leave to marinate in the fridge for at least 30 mins. Cook on the BBQ for about 3–4 mins. Serve with **crusty bread** and the dip.

**tip** Can't find shell-on prawns? Thread peeled prawns onto skewers to cook instead.

It's not all about meat, y'know – these fab seafood bites will be the star of the show



The great British banger gets an oriental make-over – we're not complaining!



## Lime & coriander glazed sausages

It's not a BBQ without bangers – and these taste really special.

Serves 6 • Ready in 25 mins • 170 cals per serving  
• 13g fat • 5g sat fat

- 1 In a bowl, mix the juice and zest of  $\frac{1}{2}$  lime, a handful fresh **coriander**, finely chopped,  $\frac{1}{2}$  tbsp **lime pickle** and  $\frac{1}{2}$  tbsp **honey**, and coat 400g pack **pork and chilli sausages**.
- 2 Cook on the BBQ, turning frequently until cooked through (about 10–15 mins).

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**Make it easy!**

Spice it up!

## Teriyaki, ginger & spring onion chicken

Tender chicken tastes so good with this sweet and spicy dip.

Serves 4 • Ready in 15 mins • 142 cals per serving  
• 4g fat • 0.5g sat fat

- 1 In a bowl, mix 1 tbsp root **ginger**, grated, and 1 tsp runny **honey** with 2 tbsp **teriyaki marinade**. Add 2 **chicken** breasts, cut into 3cm chunks, then thread onto skewers. Cook for 10 mins turning until cooked through.
- 2 For the dip, mix 4 tbsp **sweet chilli sauce** with the juice and zest of 1 **lime** and 1 tbsp **sesame oil**. Serve with a few chopped **spring onions** scattered over the chicken.



## Sweet potato falafel sticks

Fabulously tender and spicy – just serve with a squeeze of fresh lemon.

Serves 8 • Ready in 20 mins + chilling time  
• 165 cals per serving • 3g fat • 0.5g sat fat

- 1 Cook 400g **sweet potato** until tender (about 8 mins). Drain and cool. Whizz 2 white **pittas** in a food processor to make crumbs, then add 400g can **chickpeas**, drained and rinsed, 2tbsp frozen chopped **shallots**, 3tsp Schwartz Cook Art **Moroccan Spice Blend**, the sweet potato and a small handful of **coriander**, chopped. Whizz until smooth.
- 2 Put a little **oil** on your hands and divide the mix into 8 and shape around lollipop sticks or flat skewers. Chill until ready to cook. Rotate on the BBQ for about 5 mins, until charred on the outside and hot all the way through.

**tip** If you like your food spicy add chopped chilli to the sweet potato falafel for extra kick.

Veggie

## Beetroot & mushroom burgers

Gastro pub-style veggie burgers.

Serves 4 • Ready in 20 mins • 400 cals per serving  
• 24g fat • 11g sat fat

- 1 Cook 4 large portobello **mushrooms**, gill side down, on the BBQ for 5 mins, then turn over and dot with 25g Lurpak **garlic butter** and a few **thyme leaves**.
- 2 Cook for a further 5–10 mins. Brush the cut side of 4 ciabatta **bread buns** with **olive oil** and put on the BBQ until lightly toasted. Serve in the buns with 125g ready-cooked **beetroot**, diced, and 100g **crumbled feta**. Melt another 25g Lurpak **garlic butter** and drizzle over.

How's this for a veggie version of a kebab and a burger? They'll be queueing up for more



## Creamy garlic mussels in a bag

A nifty new way to cook mussels – they taste amazing with the garlicky infused cream.

Serves 2 as a main or 4 with other food • Ready in 20 mins • 456 cals per serving • 30g fat • 17g sat fat

- 1 Make 2 large double-layered foil parcels. Divide between them 1kg fresh **mussels**, cleaned, 4 **shallots**, peeled and sliced, 2 cloves **garlic**, peeled and chopped, and a handful of flat-leaf **parsley**, chopped. Pour over 150ml dry **white wine** and 100ml **double cream** and seal the parcels.
- 2 Put on top of the BBQ (add a lid if you have one) and cook for 8–10 mins until all mussels are open. Discard any that remain closed.

essentials  
**Make it easy!**

## Zingy chermoula mackerel

Give this one a try – mackerel is great value and tastes so good with the vibrant Moroccan salsa.

Serves 4 • Ready in 15 mins • 435 cals per serving • 35g fat • 7g sat fat

- 1 For the chermoula, mix 2tbsp **olive oil**, 2tsp **Schwartz Cook Art Moroccan Spice Blend**, 1 clove **garlic**, finely chopped, 150g **ripe tomatoes**, deseeded and chopped, handful **coriander**, chopped, handful **flat-leaf parsley**, chopped, and the juice and zest of 1 **lemon**; season well and set aside.
- 2 Mix 4tsp **Schwartz Cook Art Moroccan Spice Blend** with zest and juice of ½ **lemon** and 2tbsp **olive oil**. Rub over the 4 **mackerel fillets**. Cook on the BBQ for 1–2 mins each side and pour over the chermoula sauce.

**tip** Ask your fishmonger to fillet your mackerel for you, though you'll still have to watch out for small bones.





**tip** To make veggie wraps, thread mixed sliced peppers, red onions & mushrooms onto skewers; coat with harissa, then grill.

## Smoky steak wraps

Tender and juicy steak all wrapped up with a zingy avo salsa.

Serves 8 (as part of a BBQ) • Ready in 15 mins  
• 270 cals per serving • 13g fat • 3g sat fat

- 1 Rub 600g **rump steak** or lamb with 2tbsp **harissa paste**, large pinch **smoked paprika** and 2tbsp **olive oil**. Cook for 3–4 mins on each side, or until cooked to your liking. Leave to rest for 5 mins, then slice.
- 2 Mix together 1 **avocado**, diced, 1 **red pepper**, deseeded and diced, juice and zest of 1 **lime**, 1 clove **garlic**, finely chopped, ¼tsp **EPC Very Lazy Red Chillies**. Briefly warm 4 **roti flatbreads** or tortillas on the BBQ, then fill with the steak, salsa and 1 **baby gem lettuce**, finely shredded. Add some **soured cream**, too, if you like.

Get stuck into these juicy, flavoursome ribs – but make sure you've got a napkin handy!

## Sticky hoisin ribs

So good – you're not going to be able to leave these alone!

Serves 6 • Ready in 30 mins • 500 cals per serving • 37g fat • 11g sat fat

- 1 Cover 1kg **spare ribs** with cold water, bring to boil and simmer for 15 mins. Drain and coat with 150ml jar **Wagamama's Sticky Hoisin Stir-fry Marinade**. BBQ for 3–4 mins each side until sticky and crispy.
- 2 Heat 3tbsp **sunflower oil** with 1 **red chilli**, chopped, knob of **root ginger**, peeled and finely chopped, 2 cloves **garlic** finely chopped, handful fresh **coriander** and 2 **spring onions**, chopped. Serve spooned over the ribs.



**Lamb rogan josh skewers with raita salad**

The cool minty dressing is a delicious foil for the spicy tender lamb.

Serves 6 • Ready in 15 mins + marinating  
• 239 cals per serving • 12g fat • 5g sat fat

**1** Mix 2tbsp rogan josh **curry paste**, with 2tbsp **natural yogurt**, small handful fresh **coriander**, chopped, and a squeeze of **lemon juice**. Coat 500g **lamb** shoulder (fat removed) or leg steaks, cut into chunks, and marinate for at least 20 mins. Thread onto skewers and BBQ for 10 mins, turning.

**2** For the dressing, mix 150g **yogurt**, 1 clove **garlic**, crushed, small handful **mint**, chopped, and ½ **cucumber**, sliced. Season and serve drizzled over the lamb.

New  
twist**Sesame tuna skewers with limey soy dip**

A fresh-tasting dish for the barbie and a real change from regular meat dishes.

Serves 4 • Ready in 10 mins + marinating  
• 256 cals per serving • 14g fat • 3g sat fat

**1** In a bowl, mix together 2tbsp **rice wine vinegar**, 3tbsp **soy sauce**, 3tbsp **sesame oil** and 2tsp runny **honey**. Divide into two bowls. Add 4 fresh **tuna steaks** (about 500g in total), cut into 3cm cubes, to one bowl and toss together. Marinate for 10 mins, then thread about 3 chunks each onto 8 skewers.

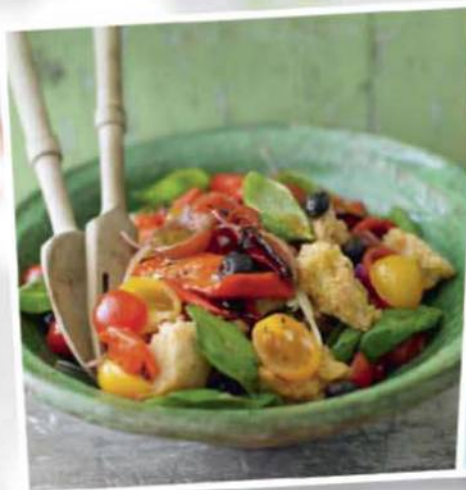
**2** Meanwhile, add the zest and juice of ½ **lime** and ½ **red chilli**, deseeded and finely chopped, to the other bowl of marinade, stir well and transfer to a serving dish. When ready to serve, sear the tuna skewers briefly on each side, then sprinkle with toasted **sesame seeds** before serving with the dip.

Turn over for your BBQ extras ➤



# 10-minute BBQ extras

With all the deliciously filling BBQ dishes, you're bound to want some zingy, fresh salads to tuck into...



## Triple tomato bread salad

**TRY WITH THE...** Med-style barbecued chicken – so refreshing!

Toss 3 types of **tomatoes**, halved, with torn chunks of day-old **sourdough** or **ciabatta bread**. Add some pitted **black olives**, and a handful of fresh **basil** leaves. Season, drizzle with **balsamic dressing** and toss together. Serve at room temperature.



## Griddled courgettes

**TRY WITH THE...** Minty lamb burgers

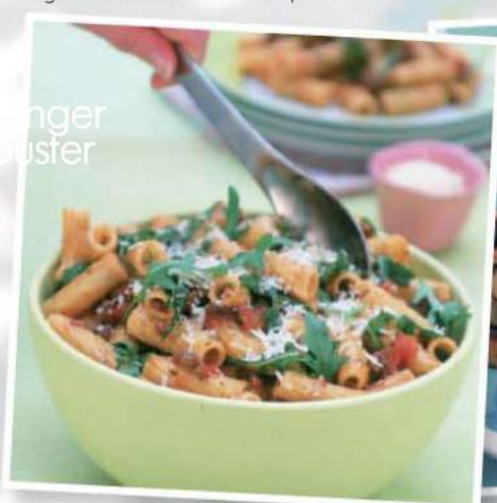
Cut **courgettes** lengthways into ½cm strips, then toss in **olive oil** and season with salt and black pepper. Cook on the BBQ for 1–2 mins until char lines appear. Finish with a squeeze of **lemon juice** and some freshly chopped **mint leaves**.



## Lemony beany chicory salad

**TRY WITH THE...** Teriyaki, ginger & spring onion chicken

Cook fine **green beans** and frozen **soya beans** in boiling water until tender, drain and refresh under cold water. Toss with **chicory leaves** and drizzle with a lemony salad dressing.



## Tomato & Parmesan pasta

**TRY WITH THE...** Chermoula mackerel

Cook **rigatoni pasta** according to the pack instructions until al dente (it should still have a bite to it). Drain well, return to the pan and add a jar of **sun-dried tomato pesto**, some chopped **tomatoes**, grated **Parmesan** and a good splash of **olive oil**. Season to taste and leave to cool. Toss through some **rocket** before serving.



## Garlicky potato wedges

**TRY WITH THE...** Lime & coriander glazed sausages

Mix baking **potatoes**, cut into wedges, with a few tbsp garlic-infused **olive oil**; season well. Spread out in a single layer on a large baking tray and bake at Mark 6/200°C for 30–40 mins until cooked through and golden. Mix **soured cream** with **soft cream cheese** and stir through chopped **chives**.



## Crunchy apple & nut salad

**TRY WITH THE...** Beetroot & mushroom burgers

Mix some shredded **baby gem lettuce**, chopped **apple**, **walnut pieces** and season well. Drizzle with **French dressing** and toss.



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# Strawberry meringue ice cream slice

We know the Italians do ice cream well, but we've done it even better with this dream of a summer pudding – and the great bit is you don't have to be the best cook in the world to make it!

So easy  
to make

Fruity, crunchy, creamy – it all adds  
up to the 'oooh' factor!

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essentials](http://www.goodtoknow.co.uk/essentials)



## Strawberry meringue ice cream slice

Serves 6 • Ready in 15 mins + 4 hrs freezing • 500 cals per serving • 38g fat • 24g sat fat

- |  |   |                      |
|--|---|----------------------|
| <input type="checkbox"/> 300ml whipping cream  | <input type="checkbox"/> 1tbsp icing sugar                  | <b>FOR THE SYRUP</b> |
| <input type="checkbox"/> 250g mascarpone or Greek yogurt   | <input type="checkbox"/> 70g bought meringue nests          |                      |
| <input type="checkbox"/> 1tsp Taylor & College Vanilla Bean Paste (£3.99, Waitrose) or Vanilla Extract (80p, Asda) | <input type="checkbox"/> 200g strawberries, chopped         |                      |
|  | <input type="checkbox"/> 3tbsp strawberry compote or jam    |                      |
|  | <input type="checkbox"/> 250g strawberries, roughly chopped |                      |
|  | <input type="checkbox"/> 4tbsp caster sugar                 |                      |

**1** Line a 2lb loaf tin with clingfilm, leaving plenty of overlap to wrap over the top of the pud.

**2** Using an electric whisk, whip the cream with the mascarpone or yogurt, vanilla and icing sugar until thick, but not stiff. Break the meringues into bite-sized pieces and fold into the cream.

**3** Mix the strawberries with the compote or jam and ripple into the cream. Pour into the loaf tin. Fold over the clingfilm, making sure the mixture is covered; freeze until set. (about 4 hours).

**4** To serve allow to stand for 5 mins to defrost slightly, then unwrap the clingfilm. Turn out onto a serving platter and slice.

**5** **FOR THE SYRUP:** put the strawberries and sugar in a saucepan and cook over a low heat until the sugar has dissolved and the strawberries have begun to break down. Cool and chill before serving.

**tip** To make lining the loaf tin easier, rinse it out with cold water, but don't dry – the water helps the clingfilm to stay in place.



Get ahead by making the sponge the day before. Roll up while warm and wrap in foil. Add 3... 2... 1... now dive in for the ultimate pudding experience!

## Try these other great desserts for summer days...

### ELDERFLOWER, GOOSEBERRY & VODKA SORBET

A gorgeous, light pud jam-packed with fruity goodness – go on, give it a try! Ready in 15 mins + chilling • 66 cals per serving • 0g fat • 0g sat fat



SERVES 8

- 1** Put 500g gooseberries, 130ml elderflower cordial and 150ml water into a pan; cook until soft. Sieve the mix, then cool and chill.
- 2** Mix in 130ml vodka, pour into a lidded container and freeze for 5hrs. Every hour, beat with an electric whisk to break down the crystals. Serve in shot glasses, garnished with mint.

### LIGHT & LOVELY FRUITY FOOL

So quick and easy, this is the perfect pud to serve after a rich main course. Ready in 15 mins • 400 cals per serving • 10g fat • 7g sat fat



SERVES 4

- tip** This works just as well with ripe peaches, too.
- 1** Whizz 2x425g tins mango slices, drained, with the juice and zest of ½ lime. In a separate bowl, mix 500g Greek yogurt with 2 heaped tbsp lemon curd.
- 2** Layer up the yogurt mixture with the mango purée in 4 glasses, finishing with the purée.



# Easy, summery ideas for Sunday lunch

Bring a touch of the Med to your family get-together and serve up one of these classic dive-in dishes – we've even added some yummy puds to tempt you

**tip** For a side dish, toss a 100g bag of watercress with a thinly sliced green apple and 50g chopped walnuts. Serve drizzled with a creamy dressing.



## One-pot pork chops & Med veg

A lighter twist on a pork roast – just pop it in and leave it while you have a drink and a chat!

Serves 4 • Ready in 1 hr • 464 cals per serving • 18g fat • 4g sat fat

- ☐ 4 pork chops, bone in
- ☐ 4tbsp olive oil
- ☐ 1tbsp balsamic vinegar
- ☐ 2tbsp fresh chopped thyme leaves
- ☐ 600g waxy potatoes (eg Charlotte), sliced 1cm thick
- ☐ 2 red onions, sliced thickly
- ☐ 2 bulbs fennel, sliced (fronds reserved and chopped)
- ☐ 2 peppers, sliced

- ☐ 200g portobello or medium-sized mushrooms, halved
- ☐ 1tbsp chopped flat-leaf parsley

1 Marinate the **pork chops** in 2tbsp of the **oil**, the **vinegar** and **thyme** and set aside.  
2 Heat the oven to Mark 7/220°C. Arrange the **potatoes** in a shallow roasting tin with the **onion**, **fennel** and **peppers** and coat with the remaining

olive oil. Season, then add the pork chops. Cook for 15 mins, turn the heat down to Mark 5/190°C and turn the chops and toss the veg about a bit, then continue cooking for 25 mins.  
3 Add the **mushrooms** and cook for a further 10 mins. Scatter over the **parsley** and fennel fronds and serve with a crunchy salad (see tip, top left).

## To Drink

Try crisp, tropical Zalze Chenin Blanc from South Africa, on offer in Waitrose at £5.19. If you prefer red, go for fruity Fontaine du Roy, £5.99, Waitrose.

## And for pud

Just pick up one of these deliciously creamy Raspberry Brûlée Cheesecakes, £3.79, Waitrose.





## Special seafood paella

Our fave summer dish! Choose any fish and shellfish – it's fab with the rich saffron rice.

Serves 6 • Ready in 45 mins

• 469 cals per serving

• 11g fat • 2g sat fat

- ☐ good pinch saffron strands
- ☐ 750ml hot fish stock
- ☐ 1 large sweet onion, peeled and diced
- ☐ 4 cloves garlic, chopped
- ☐ pinch chilli flakes
- ☐ 3tbsp extra virgin olive oil
- ☐ 300g paella rice
- ☐ ½tsp paprika
- ☐ 150ml white wine
- ☐ 4 ripe tomatoes, skinned and roughly chopped
- ☐ 150g green beans, halved
- ☐ 225g jar Merchant Gourmet Grilled Piquillo Peppers, drained and sliced
- ☐ 750g mixed raw seafood,

- eg: squid, prawns, scallops
- ☐ 150g petits pois
- ☐ small bunch flat-leaf parsley
- ☐ lemon wedges, to serve

1 Soak the **saffron** in 4tbsp of the **stock** for 10 mins.

2 Fry the **onion, garlic** and **chilli** in the **oil** in a large heavy-based pan for 5 mins. Stir in the **rice** and cook for 1 min to coat. Pour in the saffron and soaking liquor, **paprika** and **wine**; bubble until almost evaporated.

3 Add the **tomatoes** and half the stock and simmer

for 10 mins, until nearly absorbed – but don't stir!

4 Add the remaining stock and cook for 5 mins; stir in **beans, peppers** and cook for a further 5 mins. Taste the rice to check seasoning, and adjust if you need to. Stir in the **seafood** and **petits pois**, loosely cover and cook for 4–5 mins, until seafood is cooked through. Scatter with **parsley** and serve with **lemon wedges**.

### To Drink

Go for a zesty **Boschendal Sauvignon Blanc 2009, £7.99**, Tesco, or a light, fruity red, such as **Brouilly 2007, Domaine Jean Tête, £7.99**, Marks & Spencer.

### And for pud

Everyone will love a slice of tangy fresh **lemon Tarte au Citron, £4.29**, Marks & Spencer.



Our version of this classic is so easy, it's not true!

**tip** If you're using cooked seafood, allow 2-3 mins to heat through.





**tip** Make ahead and reheat – the flavours taste even better after they've got to know each other a bit!

## Ultimate veggie lasagne

A rich and indulgent lasagne even non-veggies will love – one to add to your repertoire!

Serves 6 • Ready in 1 hr 20 mins  
755 cals per serving • 40g fat  
16g sat fat

- ☐ 2 red onions, peeled and cut into thin wedges
- ☐ 1 medium aubergine, cut in cubes
- ☐ 2 courgettes, halved lengthways and sliced about 1cm thick
- ☐ 3 mixed peppers, deseeded and roughly chopped
- ☐ 2tbsp olive oil
- ☐ 2x400g tin chopped tomatoes
- ☐ 250ml dry white wine
- ☐ 2tsp dried oregano
- ☐ 1tsp sugar
- ☐ 100g sun-blush tomatoes, roughly chopped
- ☐ 250g pack Merchant Gourmet ready to eat Beluga Lentils

- ☐ small bunch basil, chopped
- ☐ 100ml milk
- ☐ 2tsp cornflour
- ☐ 250g tub mascarpone
- ☐ 100ml single cream
- ☐ 50g Parmesan, finely grated
- ☐ 300g pack fresh lasagne
- ☐ 2x250g balls reduced-fat mozzarella, torn

Heat oven to Mark 7/220°C. Drizzle the onions, aubergine, courgettes and peppers with oil, season and roast for 20–25 mins, stirring once, until golden. Reduce oven to Mark 6/200°C. Simmer chopped tomatoes, wine, oregano, sugar and

sun-blush tomatoes for 15 mins, add the lentils, roasted veg and basil. In a bowl, mix the milk and cornflour, then whisk in mascarpone, cream and Parmesan; season well.

Spoon a third of the veg sauce into a 2.5-litre ovenproof dish, top with a layer of lasagne, add a third more veg sauce, half the mascarpone mix, more lasagne, the remaining sauce, lasagne, then remaining mascarpone mix. Scatter over mozzarella, and bake for 35–40 mins.

### To Drink

A good full-bodied red like Flagstone Longitude Tri-Varietal 2008, £6.99, Tesco; or fresh Leasingham Magnus Riesling 2009, £7.99, Sainsbury's.

### And for pud

Make sure you keep a little room for a slice of this Hand Finished Tarte au Chocolat, £3, Asda.





## Italian-style chicken with olives

A chicken dish that looks after itself – and you'll love the fusion of summer flavours.

Serves 6 • Ready in 1 hr  
• 353 cals per serving  
• 12g fat • 2.5g sat fat

- ▢ 2kg free-range chicken, jointed, or 6 skin-on breasts
- ▢ 2tbsp light olive oil
- ▢ 2 onions, peeled and sliced
- ▢ 1 stick celery, finely chopped
- ▢ 2 cloves garlic, crushed
- ▢ small glass white wine
- ▢ 1x400g tin chopped tomatoes
- ▢ 350g fresh tomatoes, skinned and chopped
- ▢ 1tbsp sun-dried tomato paste
- ▢ 1tbsp red wine vinegar

- ▢ 1 bay leaf
- ▢ 1 stalk fresh rosemary, leaves chopped
- ▢ 100g black olives, stoned

**1** Season the **chicken**. Heat half the **oil** in a large sauté pan and brown the chicken pieces on both sides. Transfer to a plate.

**2** Add the remaining oil to the pan and cook the **onions** and **celery** for about 6–8 mins, until soft.

**3** Add the **garlic** and **wine**

and bubble for 2 mins.

Then add the tinned and fresh **tomatoes**, **sun-dried tomato paste**, **vinegar**, **herbs** and **olives**; season.

**4** Put the chicken back in, bring the sauce to the boil, loosely cover, then turn the heat down and simmer for 40 mins. Serve up with your favourite pasta or potatoes and plenty of crusty bread to mop up all the saucy goodness.

**tip** If the sauce is a little thick, just add a splash of water to loosen.

### To Drink

The lively fruit flavours of Inycon Estate Chardonnay are so good with this saucy dish, £5.49. Or try the super fruity Best Chianti, £5.99, both Morrisons.

### And for pud

No one will be able to say no to a slice of all-butter pastry Normandy Apple Tarte, £1.78, Asda.



A taste of summer in one pot  
– totally irresistible!



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# A lazy evening WITH FRIENDS

Here come the girls... Put on your glad rags, dig out the twinkly lights and get together for a tasty, no-effort feast (no men allowed!)

ALL RECIPES SERVE 6 UNLESS OTHERWISE STATED



## NIBBLES & APERITIFS

Serve up a plate of Parma ham, Parmesan and almonds with the new G&T – the P&T! Pour 50ml white port into a tumbler, add mint leaves, a slice of lemon, and top up with tonic water.

essentials  
Make it easy!



## Easy starter

### Goosey goats' cheese & onion tarts

Our kind of starter – a doddle to assemble, but it tastes like you've slaved over it!

Ready in 30 mins • 588 cals per serving  
• 36g fat • 14g sat fat

- ☐ 3 large red onions, sliced
- ☐ 2tbsp olive oil
- ☐ few thyme sprigs
- ☐ 6tbsp Tracklements Onion Marmalade
- ☐ 1tbsp red wine vinegar
- ☐ 6xsmall bought pastry cases (£1.99 for 6, Marks & Spencer)
- ☐ 2x100g goats' cheese, each sliced into 3
- ☐ baby leaf salad, to serve

**1** Heat the oven to Mark 6/200°C. Fry the **onion** in the **oil** with half the **thyme** and cook gently for 15 mins until soft. Stir in the **onion marmalade** and **vinegar**; heat through for 2 mins.

**2** Divide the mixture between the **pastry cases**, top with a slice of **goats' cheese** and sprinkle with remaining **thyme**. Bake for 10 mins until bubbling.



## Posh, but so-simple main course

### Feta & black olive crusted rack of lamb

Our fave cut of meat – so quick to cook and every last scrap is utterly delicious!

Ready in 50 mins • 339 cal per serving  
• 17g fat • 7g sat fat

- 2 racks of lamb (6 cutlets on each)
- 1tbsp mint jelly
- 100g rosemary and garlic breadcrumbs
- small bunch flat-leaf parsley, chopped
- zest of 1 lemon
- ½x110g jar Crespo pitted black olives, chopped
- 50g feta cheese, crumbled
- 1tbsp olive oil

- 1 Heat the oven to Mark 6/200°C. Brush the **lamb** racks with the **mint jelly**. In a bowl, mix together the **breadcrumbs, parsley, lemon zest, olives, feta** and **olive oil**. Press onto the lamb racks. Transfer to a greased baking tray and roast for 30–40 mins (depending on how well-done you like your meat).
- 2 Rest for 10 mins before carving.

Juicy meat with a delicious crust – you may need to pick it up with your fingers!

**tip** Remember to take the lamb out of the fridge half an hour beforehand or it'll take quite a bit longer to cook.



**tip** The tomato salad makes a great veggie main course if you add chunky croutons and crumbled goats' cheese. For those who eat fish, use flaked tuna and cannellini beans.



### 3 deliciously moreish side dishes

#### SUNNY TOMATO SALAD WITH ARTICHOKES & OLIVES

Ready in 10 mins • 152 cals per serving  
• 13g fat • 1g sat fat

Put 600g mixed tomatoes of your choice (baby plum, yellow-skinned, on the vine), sliced or halved as necessary, 285g marinated artichokes, halved, 150g pitted Kalamata olives and ½ red onion, finely sliced, into a large bowl. In a jar, mix ½ tsp honey, 1 tsp Dijon mustard, 2 tbsp balsamic vinegar and 2 tbsp olive oil with 1 tbsp water, put the lid on, shake well and season to taste. Pour over the dressing and toss with a small handful fresh basil.

#### GRIDDLED COURGETTE & AUBERGINE WITH HERBY DRESSING

Ready in 20 mins • 106 cals per serving  
• 10g fat • 1.5g sat fat

In a jar put ½ clove garlic, crushed, juice of 1 lemon, 1 tsp sugar, 2 tsp Dijon mustard, 3 tbsp olive oil and a handful of parsley and mint, chopped. Shake well and season. Toss 2 large courgettes, thinly sliced lengthways, and 1 small aubergine, thinly sliced, in 2 tbsp olive oil and the zest of 1 lemon. Cook in batches on a hot griddle until char lines appear. Leave to cool slightly. Add 100g baby spinach, pour dressing over and toss together to serve.

#### MINI JACKETS WITH LEMON & GARLIC

Ready in 40 mins • 172 cals per serving  
• 7g fat • 1g sat fat

Heat the oven to Mark 6/200°C. Put 1kg baby new potatoes into a large roasting tin. Peel and finely chop 2 cloves from a bulb of garlic and add to the tin with the zest of 1 lemon and 1 tsp dried oregano. Bash the remaining cloves from the bulb of garlic and add to the tin, then drizzle with 50ml corn oil and season well with sea salt and black pepper. Roast for 30-40 mins until crispy and golden.



# What you've all been waiting for... the pud!

## Chocolate honeycomb mousse pots

So wicked, yet so worth it!

Ready in 20 mins • 313 cals per serving  
• 20g fat • 12g sat fat

- ☐ 100g dark chocolate
- ☐ 75g milk chocolate
- ☐ 75ml double cream
- ☐ 3 medium eggs, separated
- ☐ 25g caster sugar
- ☐ 3 Crunchie bars, broken into pieces

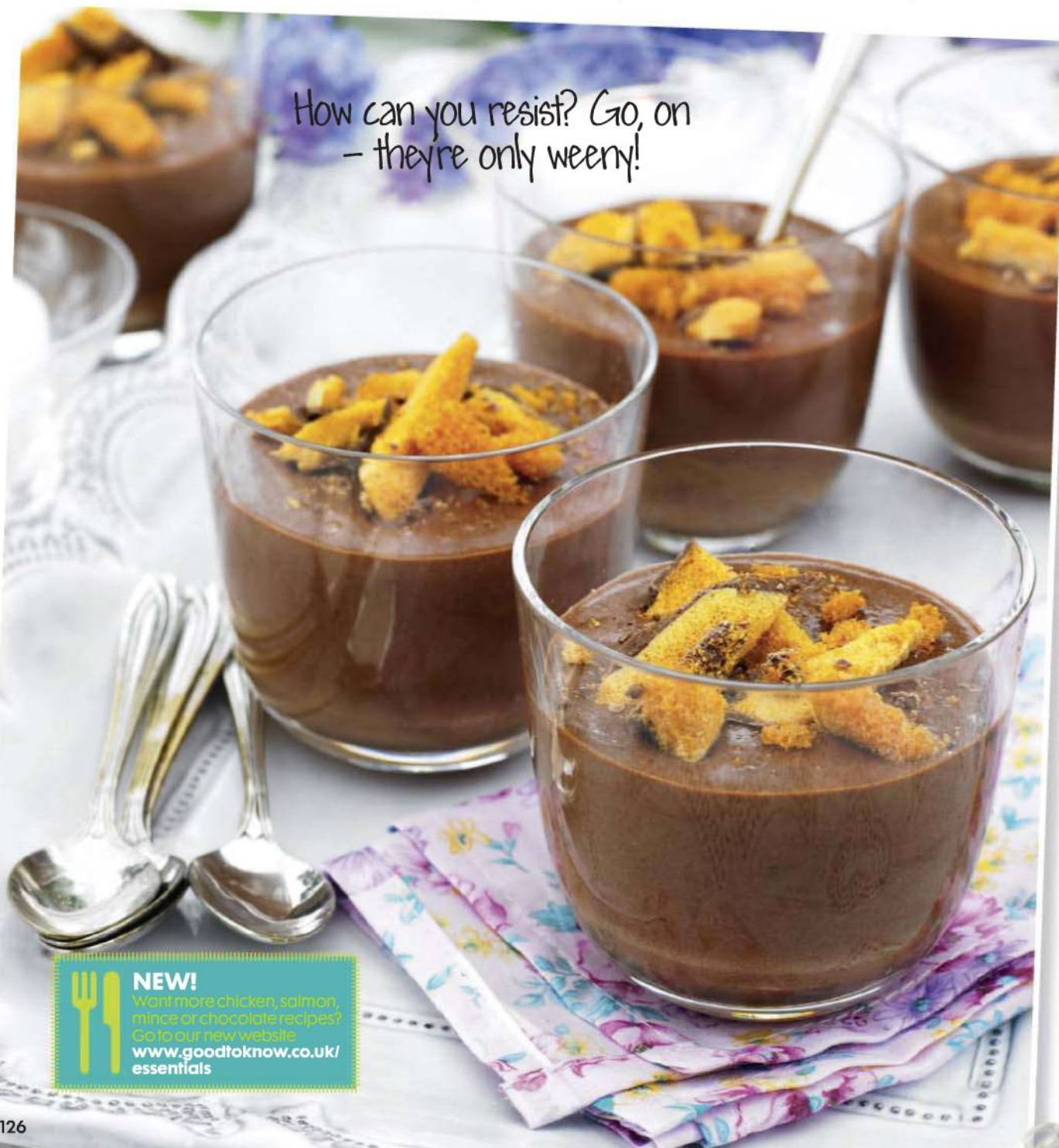
**1** Melt the **dark** and **milk chocolate** together with the **cream** in a bowl set over a pan of barely simmering water. Allow the mixture to cool slightly, then whisk in the **egg yolks**.

**2** In a large bowl, beat the **egg whites** with an electric whisk, then gradually add the **sugar** and whisk until quite stiff. Add

a spoonful of egg white mix to the chocolate mixture and fold in to loosen, then fold in the rest until combined.

**3** Fold in one third of the **Crunchie pieces**. Divide between 6x125ml ramekins (or small tumblers). Chill in the fridge until set. Divide the remaining Crunchie shards on top and dive in!

How can you resist? Go, on  
- they're only weeny!



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# Fast family meals

## GET A SUMMER MAKE-OVER!

New ideas to help you whip up some quick and easy suppers – and, what's more, we've worked out the fat, cals and cost per head, too

ALL RECIPES SERVE 4  
(UNLESS OTHERWISE STATED)



£2.46 per person

### Tasty chicken korma kebabs

A mild, but super-tasty twist on our favourite curry dish with all the extras!



#### NEW!

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Ready in 25 mins • 580 cals per serving • 19g fat • 7.5g sat fat • 1 of your 5-a-day

#### BUY FRESH...

- ☐ 600g chicken breast fillets, cut into chunks
- ☐ 150g pot natural yogurt
- ☐ 1 onion, peeled and sliced
- ☐ 200g green beans, cut into 3cm pieces
- ☐ small bunch coriander, roughly chopped



#### CHECK YOU'VE GOT...

- ☐ 4tbsp korma curry paste
- ☐ 1tbsp sunflower oil
- ☐ 165ml can coconut milk
- ☐ 25g flaked almonds
- ☐ 200g basmati rice
- ☐ 3tbsp mango chutney
- ☐ poppadums, to serve
- ☐ 8 skewers, soaked if wooden

#### How to...

- 1 Mix **chicken** with 1tbsp **curry paste** and 2tbsp **yogurt**. Heat grill to medium. Put the chicken onto skewers and grill for 10–15 mins, turning until evenly browned.
- 2 Heat the **oil** in a pan, add the **onion** and fry over a medium heat for 2–3 mins. Stir in remaining curry paste and cook for 2 mins until sizzling. Add **coconut milk**, remaining yogurt and **almonds**, and simmer for 10 mins.
- 3 Meanwhile, in a separate pan, boil the **beans** for 3 mins, drain and refresh under cold water. Cook the **rice**, drain and mix with the beans, **mango chutney** and **coriander**, season. Drizzle skewers with the curry sauce and serve with **poppadums**.



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**Make it easy!**

**tip** Make it veggie – swap ham for chestnut mushrooms. Just fry up and stir through once the veg is cooked.



£1.92 per person

## Summer-in-a-bowl pasta

Just 15 minutes and you've got really creamy ham, asparagus and pasta – and it's a lot more filling than a salad!

Ready in 20 mins • 670 cals per serving • 33g fat • 19g sat fat • 1 of your 5-a-day

### BUY FRESH...

- ☐ 250g bunch asparagus, trimmed and sliced into 2cm pieces
- ☐ 200g sliced ham, torn
- ☐ 250g tub mascarpone
- ☐ bunch chives, chopped



### CHECK YOU'VE GOT...

- ☐ 300g pasta (we used shells)
- ☐ 1tbsp olive oil
- ☐ 75g frozen chopped shallots
- ☐ 250g frozen petits pois, defrosted
- ☐ 1tbsp wholegrain or Dijon mustard

### How to...

- 1 Cook **pasta** according to pack instructions. Drain and reserve 2tbsp of the cooking water.
- 2 Meanwhile, heat the **oil** in a large saucepan, add the **shallots** and cook for 2 mins. Add the **peas, asparagus** and reserved cooking water, cover with a lid and cook for 3 mins. Stir in the **ham, mascarpone** and **mustard** and season well; heat through for 1 minute. Stir in the pasta, sprinkle over the **chives** and serve.





Well, it's healthier than a takeaway... and just as tasty!



Meat-free  
option

£2.15 per person

## Veggie satay noodle salad

Haven't tried tofu? Give this marinated version a whirl – the meat won't be missed... honestly!

Ready in 20 mins • 470 cals per serving • 16g fat • 3g sat fat • 2 of your 5-a-day

### BUY FRESH...

- ☐ 2x150g pack marinated tofu pieces
- ☐ 150g sugar snap peas, sliced
- ☐ 2 medium carrots, peeled
- ☐ 1 red pepper, thinly sliced
- ☐ 1 bunch spring onions, sliced
- ☐ 1 red chilli, chopped
- ☐ small bunch mint, roughly chopped
- ☐ small bunch basil, roughly chopped



### CHECK YOU'VE GOT...

- ☐ 1tbsp sunflower oil
- ☐ 3 bundles of rice noodles from a 250g pack
- ☐ 1tbsp toasted sesame oil
- ☐ 3tbsp peanut butter
- ☐ juice of 3 limes
- ☐ 2tbsp sweet chilli sauce

### How to...

- 1 Heat the **sunflower oil** in a large frying pan and cook the **tofu** for 5–6 mins, just to heat through. Meanwhile, boil the **rice noodles** according to pack instructions, drain and refresh under cold running water. Drain well and mix with the **sesame oil**.
- 2 Using a vegetable peeler, pare **carrots** into ribbons. For the dressing, whisk together the **peanut butter**, **lime juice**, **chilli sauce**, 100ml cold water and season.
- 3 Put the noodles, tofu and **remaining ingredients** into a large bowl and toss to combine. Drizzle with dressing and serve.



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easy!**

Invite friends round Friday night for this one  
– it's a good way to start the weekend!



**tip** Use frozen fish fillets if you like, just increase the cooking time by 6-7 mins.

£3.27 per person

## Posh roast fish & herby mash

This classic fish dish is a breeze to cook up (especially with our quick cheats!).

Ready in 20 mins • 350 cals per serving • 15g fat • 4.5g sat fat • 2 of your 5-a-day

### BUY FRESH...

- ☐ 4x125-150g sustainably sourced cod fillets or other large flaked white fish
- ☐ 400g fresh ripe tomatoes, roughly chopped
- ☐ small bunch flat-leaf parsley, roughly chopped
- ☐ small bunch tarragon or basil, roughly chopped
- ☐ 1 red onion, peeled and chopped



### CHECK YOU'VE GOT...

- ☐ 3tbsp extra virgin olive oil
- ☐ zest and juice of 1 lemon
- ☐ 2tbsp capers, rinsed and drained
- ☐ 450g pack frozen mashed potato
- ☐ 400g broccoli and sugar snap peas, steamed, to serve

### How to...

**1** Heat oven to Mark 7/220°C. Put the cod fillets, skin-side down, on an oiled baking tray, drizzle with 1tbsp oil, sprinkle over lemon zest and season with black pepper. Roast for 15 mins or until the fish is opaque and firm.

**2** Meanwhile, drain the tomatoes in a sieve, mix with half the parsley and half the tarragon, the red onion, capers, lemon juice and remaining oil, season well.

**3** Heat the mash according to pack instructions, stir in the remaining herbs and season well. Serve with broccoli and sugar snap peas.





**tip** Use 4-5tsp  
Cajun spice mix  
instead of individual  
spices to save time.

£3.23 per person

## Mexican in minutes

Fast and filling, these steak fajitas and homemade guacamole are about to become your family's new fave dish!

Ready in 20 mins • 854 cal per serving • 47g fat • 19g sat fat • 3 of your 5-a-day

### BUY FRESH...

- ☐ 500g lean rump steak, sliced into 1cm thick strips
- ☐ 2 peppers, deseeded and sliced
- ☐ 2 red onions, peeled and cut into wedges
- ☐ 3 medium tomatoes, roughly chopped
- ☐ 2 ripe avocados
- ☐ 150g pot soured cream, to serve
- ☐ small bunch coriander, roughly chopped



### CHECK YOU'VE GOT...

- ☐ ½tsp each chilli powder, dried thyme and ground cumin
- ☐ 1tsp each ground coriander and sweet paprika
- ☐ 2tbsp sunflower oil
- ☐ zest and juice of 1 lime
- ☐ 1 clove garlic, crushed
- ☐ 100g mild Peppadew peppers, drained
- ☐ 326g pack flour tortillas, warmed, to serve
- ☐ 150g medium Cheddar, grated, to serve

### How to...

- 1 In a bowl, mix the **steak** with the **spices** and leave to marinate for 10 mins, or longer if you have time. Heat 1tbsp of **oil** in a large pan or wok and fry the steak until browned all over; set aside. Add the remaining oil and cook **peppers** and **onions** for a few mins. Return steak to the pan with the tomatoes and cook for 4-5 mins.
- 2 For the guacamole, peel the **avocados** and mash in a bowl with **lime** zest and **juice** and **garlic**. Finely chop the **Peppadew** peppers, stir into the avocado and season.
- 3 Spoon the filling into each **tortilla** and add a dollop of guacamole and **soured cream**. Sprinkle over a little **cheese**, roll up and serve.



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MEAL 1 £1.54 per person

## Summer sausage bake

Enjoy this moreish dish on day one...

Ready in 45 mins • 500 cals per serving  
• 29g fat • 10g sat fat • 2 of your 5-a-day

**1** Heat oven to Mark 6/200°C. Put 750g **new potatoes**, halved if large, in a roasting tin, add 6 cloves **garlic** and 2tbsp **olive oil** and toss to coat. Roast for 15 mins. Add a medium summer **squash**, peeled, deseeded and cubed, and cook for a further 10 mins.

**2** Add 2x400g packs British outdoor-reared **pork sausages** to the tin, toss again and cook for a further 15–20 mins. Add 250g **cherry tomatoes**, 200g **runner beans**, sliced, and 2tbsp thick **balsamic vinegar** and cook for a further 8–10 mins until the beans are tender.

**3** Serve two-thirds of the dish, reserving a third for Meal 2.

Cook once,  
eat twice!

MEAL 2 £1.44 per person

## Sausage & squash hash

Use up the leftovers to make this so-tasty hash with yummy runny fried eggs.

Ready in 15 mins • 460 cals per serving  
• 27g fat • 6g sat fat • 1 of your 5-a-day

**1** Roughly crush a 400g tin **butterbeans**, drained, add a few leaves **basil**, torn, and season with 1tsp **Tropical Sun All Purpose Seasoning** (58p, Tesco) and a pinch **chilli flakes**. Slice the 4 **reserved sausages** into chunks, and add to the butterbeans with the remaining bake. Mix until combined.

**2** Heat 2tbsp **oil** in a large non-stick frying pan, add the sausage mixture and cook for 6–8 mins, stirring occasionally until a golden crust begins to form. Serve topped with a **fried egg** per person and a big leafy salad on the side.



**tip** Not keen on beans?  
Easy solution, just cook  
extra spuds on day one!



## HOW TO...

# Bake perfect cakes

Everyone needs a great cake recipe up their sleeve and with this easy step-by-step guide and handy tips you'll never have a flop again!



**Classic Victoria sponge with white chocolate buttercream**  
Recipe over the page

## TECHNIQUE CREAMING METHOD FOR SPONGE



**1** Using a spoon or an electric whisk, cream the butter, caster sugar and vanilla extract until the mixture is pale and creamy.



**2** Add the beaten egg very gradually – just 1 tsp at a time – and continue beating or whisking until the mix is thoroughly combined.



**3** Sift the flour and baking powder together and, using a large metal spoon, fold into the creamed butter mix.

### It helps to know...

✓ 'Creaming' means to beat the fat, at room temperature, with sugar to add air so you get a light and airy sponge.

✓ If your mix curdles when adding the egg, add a bit of flour.

✓ Use a metal spoon or spatula to cut and fold, and quarter-turn your bowl as you go to prevent air being lost.





Make...

## Classic Victoria sponge with white chocolate buttercream

Using white chocolate adds extra gorgeousness to a basic buttercream filling.

Serves 10 • Ready in 30 mins  
+ cooling time • 455 cals  
per serving • 27g fat • 16g sat fat

- ☐ 175g butter, softened
- ☐ 175g golden caster sugar
- ☐ 1tsp vanilla extract
- ☐ 3 medium free-range eggs, beaten
- ☐ 175g self-raising flour
- ☐ ½tsp baking powder
- ☐ 1-2tbsp milk

### FOR THE FILLING

- ☐ 75g white chocolate, melted
- ☐ 100g butter, softened
- ☐ 100g icing sugar, plus extra to dust
- ☐ 1tsp vanilla bean paste or extract
- ☐ 4-5tbsp strawberry jam

• Heat oven to Mark 5/190°C. Grease and base-line 2x18cm sandwich tins.

• Follow **step 1, step 2** and **step 3** on page 125. Add a little milk to loosen the mixture so it drops off the spoon easily.

• Divide between the tins and bake for 15-20 mins until golden, springy and beginning to come away from the tin. Leave to cool in the tins for a few mins, then turn out on to a rack to finish cooling completely.

• To make the buttercream filling, melt the chocolate

– see **step 1**,  
**Technique: Melting method**, below

• In a large bowl, beat the butter, icing sugar and vanilla paste or extract together until very light and creamy, about 4 mins. Beat in the white chocolate until just combined.

• Spread the bottom half of cake with buttercream and the top with jam. Sandwich together, dust with icing sugar and serve.

## It helps to know...

✓ **Tin sizes matter** as the cake will cook at different rate in a different-sized tin – and there's nothing worse than dry sponge!

✓ **Always prepare tins ahead**, so you don't leave the mixture hanging around – the raising agent in the flour will start working!



**tip** Add whatever chocolate chunks you like – Smarties, M&Ms and fudge all work well.

## TECHNIQUE MELTING METHOD FOR BROWNIES



**1** Gently melt chocolates and the butter together in a bowl over a pan of barely simmering water, stir and leave to cool slightly.



**2** In a separate bowl, whisk the sugar and eggs together until pale and thick. Gradually beat in the melted chocolate.

Make...

## Super-squidgy chocolate brownies

It's the double chocolate rations that make these so moreish.

Makes 24 • Ready in 35 mins  
+ cooling time • 300 cals per  
serving • 19g fat • 11g sat fat

- ☐ 300g dark chocolate (70% cocoa)
- ☐ 100g milk chocolate
- ☐ 300g unsalted butter
- ☐ 300g organic caster sugar
- ☐ 6 medium free-range eggs
- ☐ 40g cocoa powder
- ☐ 100g plain flour
- ☐ 125g white chocolate chunks

• Heat oven to Mark 4/180°C. Follow **step 1**, above.

• Follow **step 2**, then sift the cocoa and flour together and fold into the chocolate mix using a metal spoon to just combine.  
• Pour into a greased, base-lined 25x33cm brownie tin, scatter the white choc chunks on top and press in. Bake for 25 mins (the surface needs to be set to the touch and a skewer still has a little mixture clinging to it).  
• Leave to cool in the tin, then cut into 24 squares.





Chunky muffins get a dainty, cupcake look

## Make... Mini raspberry & almond muffins

Best-ever nutty, fruity muffins.  
The kids will love making these.

Makes 12 • Ready in 30 mins  
+ cooling time • 238 cals per serving  
• 12g fat • 2g sat fat

- ☐ 3 medium free-range eggs
- ☐ 125g corn oil
- ☐ 200ml semi-skimmed milk
- ☐ few drops almond extract
- ☐ 300g self-raising flour
- ☐  $\frac{3}{4}$  tsp baking powder
- ☐ 100g caster sugar
- ☐ 200g fresh raspberries
- ☐ 40g whole natural almonds, roughly chopped

• Heat the oven to Mark 4/180°C. Line a 12-hole muffin tin with paper muffin cases. Follow **step 1**, **step 2** and **step 3**, below left.

• Add the **raspberries** (reserving a handful) and mix briefly.

• Divide the mixture between the muffin cases. Sprinkle the **almonds** and reserved raspberries over the top. Bake for 25–30 mins until risen, golden and springy to the touch.

## It helps to know...

- ✓ Oven temperatures do vary, so cooking times in recipes are always approximate. Fan ovens are hotter, so make sure you adjust your oven to 10–20 degrees lower than stated (check your manufacturer's guide).
- ✓ Make sure you leave time to pre-heat the oven before baking. Invest in an oven thermometer – you might be surprised what the temp really is!
- ✓ Never look into the oven too early – only after three-quarters of the cooking time is it safe.

### TECHNIQUE BATTER METHOD FOR MUFFINS



**1** Whisk the eggs with the corn oil, milk and almond extract until thoroughly combined.



**2** Sift the flour and baking powder into a bowl, add the caster sugar and mix well. Make a well in the dry ingredients and pour in the egg mixture.



**3** Mix the batter briefly, but don't over mix it – it's meant to be lumpy.



Make...

## Coconut lamingtons

We've upped the yum factor with a little extra naughtiness from Nutella.

Makes 16 • Ready in 50 mins  
+ cooling time • 300 cals per serving  
• 15g fat • 10g sat fat

- ☐ 3 medium free-range eggs
- ☐ 125g caster sugar
- ☐ 1tsp vanilla extract
- ☐ 125g self-raising flour
- ☐ 150g Nutella

### FOR THE FROSTING

- ☐ 100g dark chocolate, broken
- ☐ 15g butter
- ☐ 250g icing sugar, sifted
- ☐ 6tbsp milk
- ☐ 200g desiccated coconut

● Heat the oven to Mark 4/180°C. Grease and base-line a 20cm loose-based square cake tin. Follow **step 1**, **step 2** and **step 3**, below. Pour the mixture into the cake tin and bake for 20–25 mins until springy.

● Leave to cool for a few mins in the tin, then turn out on to a rack to cool completely. Melt the **frosting ingredients** (except coconut) following **step 1**, **Technique:**

**Melting method** on page 126.

● Cut cool cake in half horizontally. Spread one half with **Nutella** and sandwich together. Cut into 16 squares. Dip each one in chocolate icing (keep bowl over pan, but turn heat off), then dip each square into the **coconut** to coat. Leave on baking parchment until set.

It helps to know...

✓ Ingredients should always be at room temperature – it makes them bind with each other and lessens the risk of them curdling.



Biting into the gooey choccy centre will make you forget all about boring calories!

## TECHNIQUE WHISKING & FOLDING METHOD FOR SPONGE



**1** In a large bowl, whisk together the eggs, caster sugar and vanilla extract. You can use an electric whisk if you prefer.



**2** Continue to whisk the mixture until it's pale and a thick consistency – there should be a trail left when you lift the whisk.



**3** Using a spatula or metal spoon, fold the flour into the egg mixture using a cut and fold motion to keep the air in.

**tip** If you're not a big fan of coconut, dip the cake squares into chocolate strands or chopped hazelnuts.



**NEW!**

Want more chicken, salmon, mince or chocolate recipes? Go to our new website [www.goodtoknow.co.uk/essentials](http://www.goodtoknow.co.uk/essentials)



## BEST IN SEASON

## Summer leaves

Now's the time to enjoy the freshest salad leaves – delicious in big-flavoured salads or on their own with a zingy, sharp dressing



## TRY THESE IDEAS...

**STIR** salad leaves through pasta with pesto, Parmesan and pine nuts for a nutritious 10-min supper dish.

**WHIZZ** mixed salad leaves with lemon zest and juice, olive oil and garlic to make a rub for chicken.

**COOK** chorizo, add a splash of red wine and bubble for 2 mins. Toss through watercress, spinach and red chard, and a squeeze of lemon. Serve with couscous.

## WHAT TO LOOK OUT FOR IN THE SUPERMARKET

To keep them fresh and crisp, wash salad leaves and shake them until quite dry before popping into a food bag or airtight container. Store in the fridge and use within 4-5 days.

## Little gem



Has frilly leaves and a crisp centre. Use the leaves as little 'cups' to fill with sandwich fillers or to pretty up salads.

## Sweet romaine or cos



Fleshy green leaves with a sweet, nutty flavour – the classic choice for a Caesar salad.

## Round lettuce



The soft leaves of this British classic have a buttery taste. Great in sarnies as they don't turn the bread soggy.

## Iceberg



Crisp leaves make a refreshing addition to the salad bowl, keep it chunky or shred and serve with a creamy dressing.

## Crispy lettuce



Mix this mildly flavoured, sweet lettuce with other leaves to pretty up your salad bowl.

## Lollo rosso



Colourful leaves that have a mild, slightly bitter tang – perfect served with a sharp dressing.

## Watercress



One of the oldest known 'superfoods'. The peppery leaves hold their own against strongly flavoured dressings – try chopping and adding to fishcakes.

## Spinach



Young or baby spinach leaves have a rich flavour, with a slightly creamy, fresh taste. Add to warm salads and allow the leaves to wilt.

## Rocket



Spiky leaves with a strong mustardy flavour. Great chopped in salads and sauces for adding a subtle flavour kick.

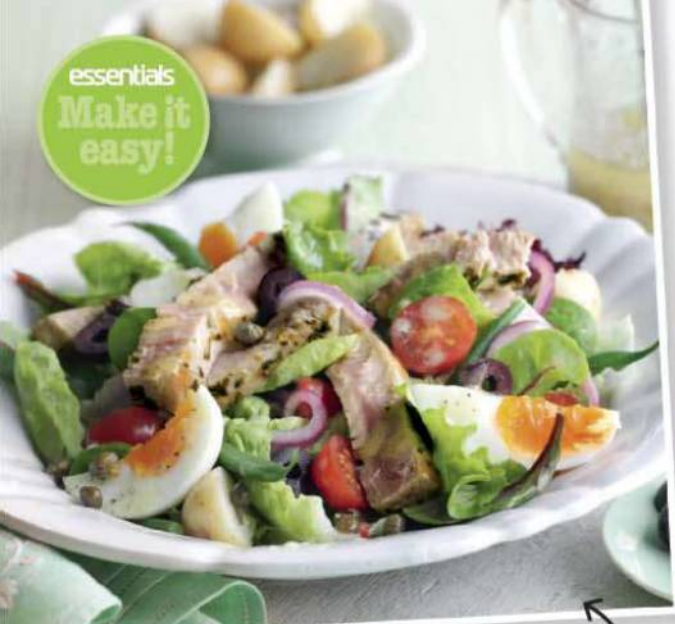
## Red chard



Has a similar flavour to spinach and adds a bit of extra colour to pasta dishes, salads and wraps.



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Use up your salad leaves...

### ...make classic tuna Niçoise

Fast and really filling – a taste of the south of France.

Serves 2 • Ready in 20 mins • 500 cals per serving  
• 26g fat • 6g sat fat

Soft boil 2 eggs. Cook 200g baby new potatoes until tender; drain and cool. Blanch 75g fine green beans for 2 mins in boiling water; drain and refresh under cold water. Put 1 red onion, finely sliced, in a bowl with a pinch of salt and the juice of ½ lemon. Heat a griddle pan to hot and cook 2 tuna steaks, brushed with a little oil and dried oregano, for 1 min each side. Leave to rest for a couple of mins, then slice. Mix 75g mixed baby salad leaves in a bowl with 50g cherry tomatoes, halved, 40g black olives, pitted, 1tbsp capers, rinsed, the beans, potatoes and onion. Mix 1½tbsp olive oil with 1tsp Dijon mustard and ½tbsp white wine vinegar; season and toss with the salad. Divide between 2 plates and top with tuna and eggs, quartered.

### Currants

Stock up your freezer with these vitamin C rich berries while they're in season. Wash currants while attached to stalks, drain and leave to air dry. Remove the berries by gently running a fork down each stem, and put into freezer bags. Freeze for up to six months. Use frozen berries in puds and smoothies or defrost and add to fruit salads or jellies.



## Also in season...



### Globe artichokes

#### 3 EASY STEPS

#### How to prepare



**1** Choose young artichokes that are roughly the size of a large egg. Trim the stem to 1cm below the leaf bases, then remove the outer leaves until the young tender leaves are exposed.



**2** Using some sharp scissors, trim the pointed tip off the end of each artichoke leaf.



**3** Slice each in half through the stem, and toss in lemon juice to stop the flesh discolouring. Simmer in salted water for about 10 mins, or until tender. Drain well.

### Runner beans

Got a glut of beans? Whip up a few jars of this tasty, tangy chutney and serve with cheese, cold meats, bangers and burgers.

#### Make it

Soften 2 large onions, chopped, in 1tbsp olive oil. Add a large pinch chilli flakes, 1tsp paprika, 1tsp ground coriander, 750g sliced runner beans, 500g ripe tomatoes, chopped, and season well. Cook for 5 mins, stirring until the tomatoes have broken down. Stir in 100g caster sugar and 200ml white wine vinegar and cook until the sugar has dissolved, increase to a rapid boil and cook, for 15 mins, stirring until thickened. Spoon into sterilised jars, cool, seal and use within four months.



Stock your freezer with runner beans while they're cheap this month.

#### BUY IT!

The first blackcurrant jam using English berries has been launched by Duerr's. Each jar contains 204g of juicy blackcurrants, which have special anti-ageing antioxidants. Get your jar at Waitrose, £1.69.



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Want more chicken, salmon, mince or chocolate recipes? Go to our new website [www.goodtoknow.co.uk/essentials](http://www.goodtoknow.co.uk/essentials)



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**BY TEXT...** Text **ESSTREAT3** Followed by a space, your selection(s), your size (if applicable), your name, house number and postcode to **86611** – eg **ESSTREAT3 01 03 06 Chloe 14 NN01 3LL**. Texts cost £1 each, plus network charges. SP: Eckoh, 0870 880 4869. When you enter by text, you may in future get sms marketing messages from IPC and essentials; if you don't want to, please end your text with No info.



**BY POST...** On the coupon, tick the treats you would like to win, fill in your details and send to: Win with essentials July 2010, PO Box 502, Leicester LE94 0AB.

Phone lines open at midnight on 1 June and close at midnight on 1 July 2010.

**Terms & conditions** Normal IPC rules apply. Competition details form part of these terms and conditions. Entry is open to residents of the UK (except employees (and their families) of IPC Media, its printers and agents, and competition sponsors). The winners (and companions, where relevant) must be aged 18 or over, unless otherwise stated. Proof of identity and age may be required. Use of a false name or address will result in disqualification. No responsibility can be accepted for entries lost or delayed in the post. Prizes are as stated and non-transferable, no cash alternatives will be offered. Prizes are subject to availability. The promoters reserve the right to amend or alter the terms of a competition. No purchase is necessary. Winners will be chosen at random from all entries received by the closing date. The decision of the judges is final and no correspondence will be entered into. Competitions may be modified or withdrawn at any time.

WIN with essentials

JULY 2010

**ESSTREAT3 01** ☐  
**ESSTREAT3 02** ☐  
**ESSTREAT3 03** ☐  
**ESSTREAT3 04** ☐  
**ESSTREAT3 05** ☐

**ESSTREAT3 06** ☐  
**ESSTREAT3 07** ☐  
**ESSTREAT3 08** ☐  
**ESSTREAT3 09** ☐  
**ESSTREAT3 10** ☐

Title .....Initials.....Surname.....

Address.....

.....Postcode.....Size.....

Daytime tel no.....\*Email.....

**essentials**, published by IPC Media Ltd (IPC), will collect your personal information. "Would you like to receive emails from essentials containing news, special offers and product and service information and take part in our magazine research via email? If yes, please tick here ☐ essentials would like to contact you by post or telephone to promote and ask your opinion on our magazines and services. Please tick here if you prefer not to hear from us. ☐ IPC may occasionally pass your details to carefully selected organisations so they can contact you by telephone, post or email with regard to promoting and researching their products and services. Please tick here if you prefer not to be contacted ☐





Find your sea legs and  
set sail for the horizon.  
Anchors aweigh!

READER  
TESTED!

Ever fancied a holiday  
afloat? Whether it's a  
canal boat, a sailing  
course or a full-on cruise,  
we've got the low-down

# Holidays ahoy!



## MAKE THE MOST OF YOUR HOLIDAY...

Follow our tips and you'll guarantee yourself a brilliantly stress-free time.

✓ **Space on just about any boat is at a premium.** Cabins are smaller than hotel bedrooms! On a cruise, book early and try to secure the best cabin you can afford (the higher up the ship you are, the better the view).

✓ **Budget for and plan your shore excursions.** Your cruise ship doesn't stay in port long, so you need to ensure you decide where you'll go, what you do and how much it will cost.

✓ **On a canal boat or river cruiser, the emphasis is on holidaying at a relaxed pace.** But, saying that, don't leave it too late to find a mooring for the night, especially in peak season where the best spots are usually snapped up by mid-afternoon!

✓ **Be flexible with your plans** and take your time to enjoy the passing scenery.

✓ **Don't overload your boat.** If it sleeps eight, it would probably be much more comfortable with just six of you on board.

✓ **On French canals, many facilities close between 12pm and 2.30pm.** The French take their lunch breaks seriously, so don't get caught out.

✓ **Travel light, even for a cruise.** Casual clothes are accepted everywhere.



Summertime and the living is easy on the French waterways.

## Take it slow on a barge in France



**Marian and Alan Hart's French canal holiday was an ideal late-summer adventure.**

When chef Rick Stein whetted our appetites with his *French Odyssey* series, it wasn't just the food that was the attraction. The sights along the way were just as wonderful, as he chugged from the Atlantic port of Bordeaux to the Med.

Although we were novices, a one-hour lesson was all we needed to learn the ropes. We also found there was quite a fraternity among the boating community so help was always at hand.

Our trip, in mid-September, was blessed by warm sunshine, few crowds and lower rental

charges. We picked up our boat from the historical city of Condom in the Armagnac region of old Gascony, in south-west France. Then we headed north under sunny skies to the village of Moncrabeau, and on to Fréchou, where there's an annual melon-seed-spitting contest!

We quickly slipped into a comfortable routine. One of us would take our hired bike to the nearest *boulangerie* to buy croissants for breakfast and baguettes for lunch, which we'd have with local cheese and wine, on the sundeck.

We loved the gentle chug through shady woods, but all too soon we arrived at Le Mas d'Agenais, for our last night. Here, we ignored the rather ordinary restaurant in favour of a local butcher who knocked up enough paella for four for just £14. We carried it back to our boat, heated it up and were dining like kings within five minutes – a perfect end to a wonderful gourmet week afloat.

**GO FOR IT** A six-berth 4 Anchor Calypso cabin cruiser with Le Boat (0844 463 3594; [leboat.co.uk](http://leboat.co.uk)) costs £2,560 for seven days in late August, starting at Le Mas d'Agenais in the beautiful Aquitaine region and ending at Condom (or vice versa, like Alan and Marian's trip). For 125 euros, the hire firm will bring your car to you for the end of the week. It's a 90-minute drive from Toulouse airport (Ryanair, from Bristol, Stansted, East Midlands and Liverpool, prices from £110 return).

## A water-lovers' resort in Greece

**Katie and Nick Blades took Harry, 4, and Daniel, 2, to Sunsail's Club Vounaki resort in Greece.**

We're an active family, with a real love of water so this lovely Mediterranean resort on its own private beach was perfect for us. Harry and Daniel settled in at the kids' club, where they did kayak expeditions, treasure hunts, painting and lots of splashy activities. For Nick and I, there was waterskiing and many different sailing options, including properly accredited Royal Yachting Association courses.

**GO FOR IT** Seven nights at Club Vounaki costs £899 per adult, £629 per child in mid-September, including return flights from Gatwick. Additional charges include £20 for waterskiing and £90 for catamaran sailing. Sunsail (0844 463 6578; [sunsail.com](http://sunsail.com)).



Man overboard takes on a whole new meaning!



Fun in the sun with waterbabies Harry and Daniel.



Save up to 10% (low season) and 5% (high season) on a Sunsail holiday if you quote ESSEN when booking before 31 August 2010. Offer is subject to availability and cannot be used with any other offers.



# plan your escape

## Take a classic cruise in the Med

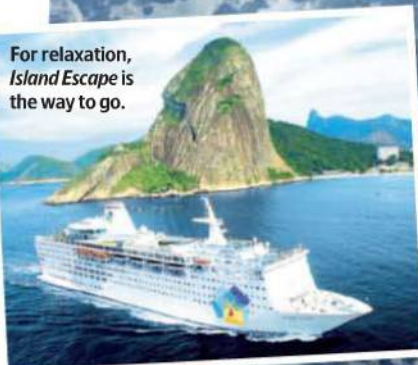


**Lisa and Phil Humphreys celebrated their fifth wedding anniversary on board the *Island Escape* in the Mediterranean.**

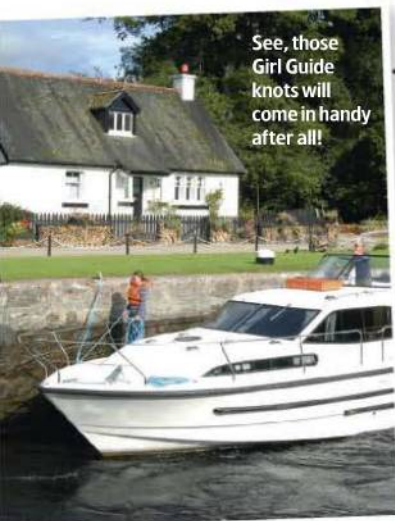
This was our first cruise, so we didn't know what to expect when we landed at Palma on the Balearic island of Majorca and were directed to coaches for the short transfer to the cruise terminal. *Island Escape* is a big Mediterranean cruise ship with an emphasis on casual and informal. Cabins are small but comfy, with two single beds, shower and toilet. One word of warning: there's only one swimming pool, and it's small, so you can imagine the clamour for good deckchair spots when there are 1,700 passengers all after the same ones! We gave the *Island Escape* a big thumbs-up. Friendly staff, loads to do and never a dull moment, whatever your age or interests!

**GO FOR IT** Seven nights on *Island Escape* with Island Cruises, departing 26 August 2010, costs from £803 per person with Thomson (0871 231 3240; [Thomson.co.uk/cruise](http://Thomson.co.uk/cruise)) and includes return flights from London to Palma, ship transfers and meals on board. The itinerary includes stops at Villefranche, Marina di Carrara, Rome and Corsica.

For relaxation, *Island Escape* is the way to go.



Aaahh! This is the life... sun, sea and total relaxation.



See, those Girl Guide knots will come in handy after all!

## Cruise the lochs in Scotland



**Kate Jones and partner Rob O'Donnell spent a week on the Caledonian Canal in Scotland.**

On a beautiful summer morning in Inverness, we were ready to slip our moorings and steam out on to the Caledonian Canal. The shelves of our galley larder were groaning with provisions and it was time to sound the horn and get going.

OK, we didn't leave amid a hail of streamers and a brass band, but it was fun pretending. Our boat, a Balmoral-class cruiser, could be steered from inside or out. But the lovely sunshine meant we were all on deck as we left. My parents came with us, and Dad soon appointed himself Captain, giving orders for fenders to be hauled in, ropes to be tidied and the kettle to be boiled.

Our first challenge was a swing bridge. After that, it was plain sailing on to the vast expanse of

mysterious Loch Ness. Mooring up for a late lunch in Urquhart Bay, we had the chance to explore the ruins of Urquhart Castle. This is apparently the area of the loch where you get most monster sightings.

Then it was time for the long haul down to Fort Augustus at the south-western end of Loch Ness. The loch itself is around 25 miles long, and with our speed restricted to 10 knots, we managed this section in two hours. The lighthouse and abbey tower at Fort Augustus were useful landmarks, and we found an overnight mooring point on the pontoon quite easily.

On and on we went, through bridges and locks with growing confidence, until journey's end at Banavie. Here, we took a train down to Fort William to stock up again, before swinging round and beginning the leisurely journey 65 miles back towards Inverness.

**GO FOR IT** A Balmoral-class boat sleeps up to six and costs £2,050 for a week in high season, plus fuel and insurance, with Caley Cruisers (01463 236 328; [caleycruisers.com](http://caleycruisers.com)). The same boat in October costs £1,267; smaller boats, from £695 per week.

FREE  
WITH  
essentials

Caley Cruisers is offering *essentials* readers a free welcome hamper, worth £50, which will be waiting for you on board. Quote *essentials* when you book before 1 July 2010.



## Boats around Britain...

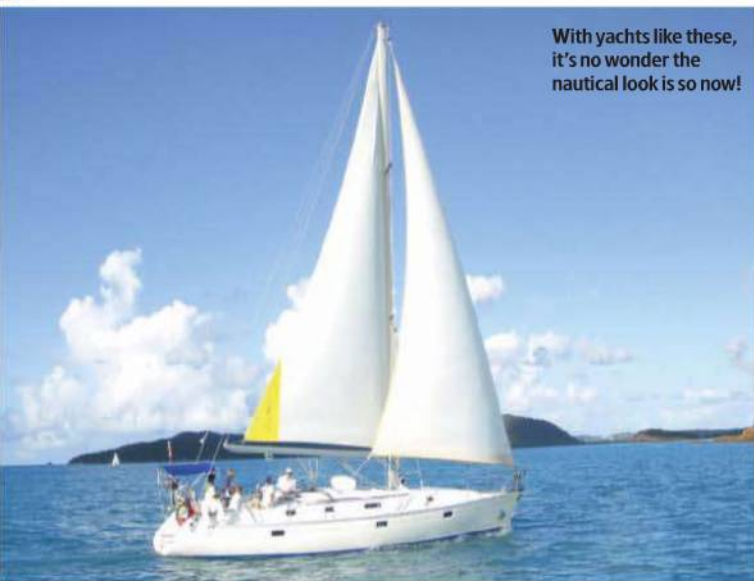
**Go wild in western Scotland**, with a break aboard *St Hilda*, a 54ft traditional wooden vessel that can accommodate up to six guests. This is ideal for family groups, who are looking for an adventurous holiday learning to sail, doing as much (swimming, canoeing, windsurfing) or as little as you want. A two-night full-board break costs £240 per person; five nights £425 per person (0845 224 8612; sthildaseaadventures.co.uk).

**SAVE WITH essentials**

If you book five places, you'll get the sixth place free. Just quote *essentials* reader offer when you make a reservation up until 31 July 2010.

**Spend a weekend at 4mph on the peaceful Norfolk Broads**, one of Britain's most beautiful waterways. Go for the best hire boat you can afford. The stylish *Caprice*, sleeping up to six, costs from £1,200 for three nights in late August from Le Boat (0844 463 3594; leboat.co.uk).

**On a narrowboat you live life at walking pace**, especially on the picturesque Monmouthshire and Brecon Canal. A four-berth Hobby-class boat costs £1,315 for a week in late August with Beacon Park Boats (01873 858 277; beaconparkboats.com).



With yachts like these, it's no wonder the nautical look is so now!

## Dream of distant shores...

Fancy taking control of your own private yacht and learning to sail on the turquoise-blue waters of the Caribbean? Available through Miramar Sailing (020 3287 1068; miramarsailing.com), you'll learn to sail while staying aboard your own private and professionally skippered 40ft yacht (it sleeps up to six). Take lessons while you sail around Antigua's South Coast (including Falmouth Harbour, Nelson's Dockyard at English Harbour and a sunset trip to Shirley Heights). Most meals are included. A seven-night voyage costs £1,380 per person. Flights are extra (from £499 per person with Virgin Atlantic from Gatwick).

**SAVE WITH essentials**

Miramar Sailing is offering reductions of £150 per person exclusively to *essentials* readers. Just quote *essentials* when you book before 31 July 2001.

## Out & about

News, views and tips to help you get the most from your time off



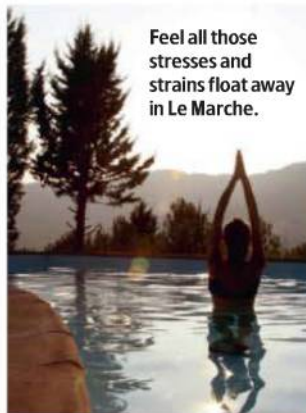
In the lap of luxury at The Landmark.

### Have tea in style

If you're in London and want a totally English experience then head for 5-star luxury and lots of teatime treats at The Landmark London in Marylebone. We sat in the stunning Winter Garden atrium and feasted on unlimited dainty sandwiches, beautiful bite-size cakes and scones. From £35, to book visit [landmarklondon.co.uk](http://landmarklondon.co.uk) or call 020 7631 8000.

### Luxury family yoga

For a new take on 'finding yourself', head for The Hill That Breathes ([thehillthatbreathes.com](http://thehillthatbreathes.com)) in the Le Marche region of Italy. Hosts John and Gaia encourage you to turn your back on the real world through exercises in well-being and yoga. Family yoga weeks (also featuring wine, pizza, chocolate and pool time) run from 12-19 and 19-26 August 2010. Adults pay 845 euros, and there's a 30% discount for 4- to 11-year-olds and 20% off for 12- to 16-year-olds.



Feel all those stresses and strains float away in Le Marche.



### Monarch expands flights to Ibiza

Monarch ([monarch.co.uk](http://monarch.co.uk)) has a new line-up of afternoon flights to Ibiza from Manchester and Gatwick, perfect for a weekend in the sun. One-way flights, including taxes and charges, from £48.99.

### BOOK YOUR HIRE CAR EARLY

The British Vehicle Renting and Leasing Association is warning there could be a shortage of hire cars this year, so book well ahead. Hard-hit destinations may include Greece, southern Spain, France and Italy.

### If you're in CARDIFF...

...then join the queue for a fab lunch at Jamie's Italian ([jamieoliver.com](http://jamieoliver.com)) at the St David's 2 Shopping Centre. We went recently and found the service friendly – and the food wonderful! Two of our party said their penne all'arrabiata was the best they'd ever had. The bill (with coffee, but not wine) was £20 a head.



Jamies does Italian in Cardiff – brilliantly!

FEATURE: JAMES LUCKHURST. PHOTOS: CORBIS



# WIN!

## Gorgeous goodies worth £1,000

One reader takes it all!

### Summer wardrobe essentials

You'll be looking super-chic on holiday with these fab, on-trend pieces from one-stop shop, Star Mela. Your prize includes this multi-disc cowboy hat, tassle charm basket and sparkly Saba sandals.



### Chocolate hamper

You just might want to hide this decadent Teamwork hat box from luxury Parisian chocolatier, La Maison du Chocolat. Inside you'll find an assortment of chocolate creations, from mouthwatering truffles to a 68% dark chocolate bar – resistance will be futile!



### 20 award-nominated novels

A summer of quality reading lies ahead when this year's Orange Prize for Fiction ([orangeprize.co.uk](http://orangeprize.co.uk)) listed novels arrive at your door. You will receive:

*A Gate at the Stairs* by Lorrie Moore; *The Wilding* by Maria McCann; *Small Wars* by Sadie Jones; *The Way Things Look To Me* by Roopa Farooki; *The Lacuna* by Barbara Kingsolver; *Black Mamba Boy* by Nadifa Mohamed; *Black Water Rising* by Attica Locke; *Hearts and Minds* by Amanda Craig; *Savage Lands* by Clare Clark; *Secret Son* by Laila Lalami; *The Help* by Kathryn Stockett; *The Little Stranger* by Sarah Waters; *The Long Song* by Andrea Levy; *The Rehearsal* by Eleanor Catton; *The Still Point* by Amy Sackville; *The Twisted Heart* by Rebecca Gowers; *The Very Thought of You* by Rosie Alison; *The White Woman on the Green Bicycle* by Monique Roffey; *This Is How by M.J. Hyland*; *Wolf Hall* by Hilary Mantel.

### Al fresco dinnerware

Add a splash of colour to your outdoor entertaining with the new Pop range from Jamie Oliver at Jme. You'll get a duck egg stripe tablecloth and four napkins, plus four bowls, four dinner plates and a serving bowl and platter all in crisp white and Aegean blue.



### Stylish luggage

Tripp Voyage is a classic collection of cases, holdalls and totes that are ideal for holidays and mini breaks. You'll be getting envious looks at the airport with this matching set of luggage, which includes an upright suitcase, holdall and flight bag.



**ESSTREAT3 05** For your chance to win these fabulous prizes, turn to page 139 – you can enter by phone, text or postcard.



# Is there a lucky number on your cover? **WIN! £35,000 cash**

What a summer it'll be if you're our top prizewinner. To find out if you have a winning number on the front cover, call or text any of the numbers below.

## PRIZE 1

# £20,000 cash

Fancy driving round in a smart little convertible, soaking up the sun as you go? There's no reason not to splash out on a new car if you win this prize.

**Call** 09061 742 253 or **text** ES1 to 86611

## PRIZE 2

# £10,000 cash

Extend your home into the garden and spend even more time out there this year – you'll be able to do a serious make-over with this money!

**Call** 09061 742 254 or **text** ES2 to 86611

## PRIZE 3

# £5,000 cash

If you're in holiday mood now, with this prize you could book yourself some winter sunshine to look forward to later in the year.

**Call** 09061 742 255 or **text** ES3 to 86611

### HOW TO CLAIM YOUR PRIZE

If you think you have a winning number, send a photocopy of your front cover, plus your name, address, daytime telephone number and which prize you're claiming to: *essentials*, Katherine Smith 7-292, Lucky Numbers, IPC Media Ltd, The Blue Fin Building, 110 Southwark Street, London SE1 0SU, to arrive no later than 26 July 2010. Please send by recorded delivery and keep your original cover safe as we will need it to verify your claim at a later date. Phone lines will open at 8am on 1 June 2010 and close at midnight on 19 July 2010.

### When you enter...

**BY POST...** You can request a list of winning numbers by sending a **sae** to **Winning Numbers/July essentials**, PO Box 502, Leicester LE94 0AB by 5 July 2010.

**BY PHONE...** BT calls cost £1.50 per minute and should last no longer than 2 minutes. Cost from other networks may be higher.

**BY TEXT...** Texts cost £1.50 per message received, plus standard network charges. You will receive 2 text messages.

RULES 1 The entry instructions form part of the rules. 2 Proof of posting will not be accepted as proof of delivery. 3 All claimants must be in possession of the original front cover of *essentials* bearing a winning number. 4 In the event of printing or technical errors, omissions or duplications, IPC Media reserves the right to withhold a particular prize or to declare the Game void. 5 IPC Media retains the right, at its discretion, not to award prizes to claimants or consortiums who have won a lucky numbers game in the past 12 months, or to claimants who, in the opinion of IPC Media, have not entered into the spirit of the game. 6 Prizes must be accepted as offered. 7 No entrant can win more than one prize. 8 The game is open to all readers aged 18 or over and resident in the UK and the Channel Islands, other than employees (and their families) of IPC Media, the reproduction house, printer and distributor of *essentials* magazine, wholesale and retail newsagents, SP: Eckoh (UK) Ltd and any other participating sponsors and their agents. 9 The Editor's decision is final and no other correspondence will be entered into. 10 All winners will be confirmed in writing and must agree to publicity. 11 For customer service, call 0870 880 4869.



You'll be jumping for joy if you're one of our lucky big cash winners!

PHOTO: GETTY IMAGES



Get fabulous nails  
**20% OFF O.P.I**

If you fancy a new nail colour or a super-duper hand cream look no further because you can treat yourself to both and save 20% at the same time!

This is the one time of year when we all love our nails a little bit more – the warm sunny weather seems to leave them looking whiter, longer and healthier. So why not make sure you keep your nails in tip-top condition from now on by giving them a bit of TLC. Go to [lenawhite.co.uk](http://lenawhite.co.uk) and check out the OPI goodies for the perfect mani and pedi.

Over 200 shades of OPI Nail Lacquer in every shade from pretty Lucky Lucky Lavender and sexy Meet Me on the Ferry to funky Suzi Says Feng Shui and hot, hot, hot Red My Fortune Cookie – all from the new Hong Kong range.

- ✓ Hand and cuticle conditioners.

✔ **OPI treatments for a spa experience at home.**

- ✓ **Tools, removers and repair kits.**

Why not start your new nail pampering regime today and visit [lenawhite.co.uk](http://lenawhite.co.uk) – remember, you'll be saving 20% on everything you buy.

**TO CLAIM YOUR  
OPI DISCOUNT**

Go to [lenawhite.co.uk](http://lenawhite.co.uk), select your products, then fill in the promotion code **ESSENTIALS10** when you complete your order at the checkout. This offer is valid until 31 August 2010.

## Suzi Says Feng Shui

Over 200  
nail colours  
to choose  
from!

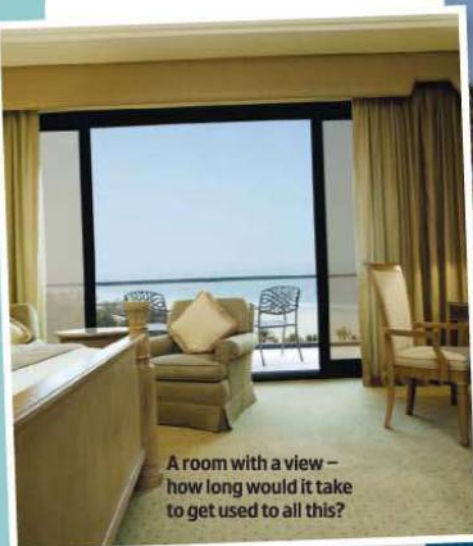
**Lucky Lucky  
Lavender.**

**Meet Me  
on the  
Star Ferry.**

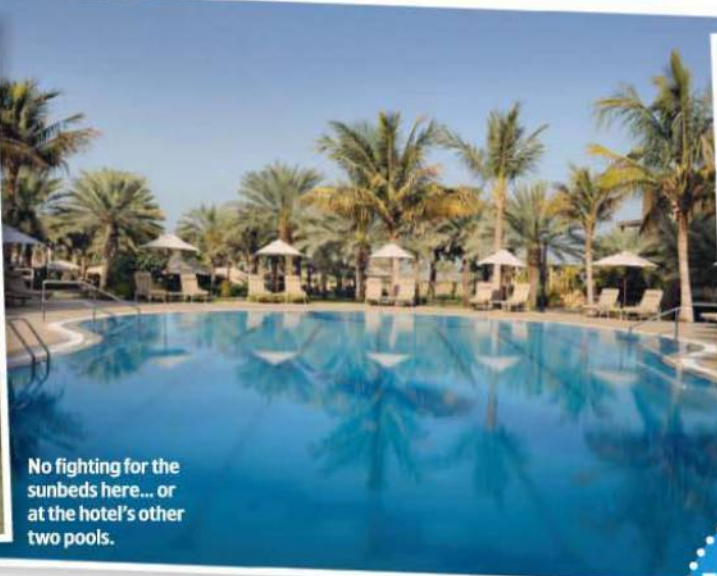
Red My Fortune Cookie.

**TERMS & CONDITIONS** 1 The online discount cannot be used with any other offers and promotions. 2 The discount code can only be used once. 3 Offer closes at midnight on 31 August 2010.

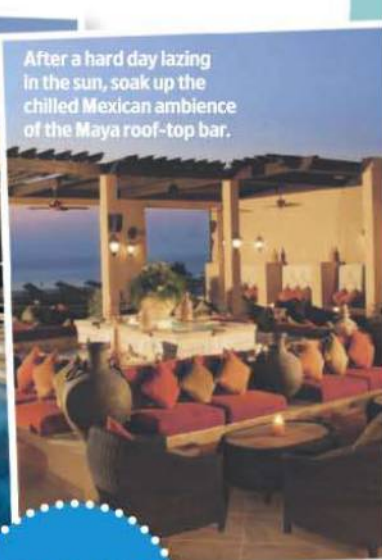




A room with a view – how long would it take to get used to all this?



No fighting for the sunbeds here... or at the hotel's other two pools.



After a hard day lazing in the sun, soak up the chilled Mexican ambience of the Maya roof-top bar.

EXCLUSIVE!  
JUST  
FOR YOU

# WIN! A dream holiday to Dubai

You and a friend could be jetting off on a seven-day 5-star sunshine break at Le Royal Méridien Beach Resort + Spa in Dubai

**T**he team at the luxurious Le Royal Méridien Beach Resort + Spa, overlooking the Arabian Gulf, work tirelessly to make sure every guest has the holiday of a lifetime – and one of those guests could be you!

As well as staying at this luxe hotel, our winner will experience the latest in Dubai dining at Rhodes Twenty10, the resort's exclusive new restaurant with Michelin-starred chef Gary Rhodes. Rhodes Twenty10 is a new generation of culinary grill where diners can expect only the very best.

You will have use of the hotel's five Hammam pools, sauna and steam room and Jacuzzi. There's a full complement of massage, aromatherapy and beauty treatments on offer at the fabulous Caracalla spa and your prize includes a one-hour treatment. Will you ever want to come home?

## Your prize includes

- ◆ 7 nights' accommodation for two at Le Royal Méridien Beach Resort + Spa in a Tower Room.
- ◆ Return flights and transfers to Dubai airport.
- ◆ Bottle of sparkling wine on your arrival.
- ◆ Breakfast each morning.
- ◆ A one-hour spa treatment for our winner, plus guest.
- ◆ Meal for two, including a bottle of house wine, at the exclusive RhodesTwenty10.

**Le ROYAL MERIDIEN**  
BEACH RESORT & SPA DUBAI

**Want to know more?** For further information about Le Royal Méridien Beach Resort + Spa, call the UK reservations number on 08000 441 2604 or for details on special offers visit [lemeridien.com/royaldubai](http://lemeridien.com/royaldubai).

**TO ENTER** Simply answer the question below, then call 0905 652 0765 or text ESSWIN, a space, your answer, your name, house number and postcode to 86611. BT calls cost £1 per call. Costs from other networks may be higher. Texts cost £1 per text, plus network charges. When you enter by text, you may in future receive sms marketing messages from IPC and essentials; if you don't want to get messages, please end your text with NO INFO. SP: Eckoh 0870 880 4869. Or send a postcard with your name, address, phone number to MRM, essentials/ Dubai Holiday Competition, PO Box 502, Leicester LE94 0AB to arrive by 1 July 2010.

**In which geographical area is Dubai located?**

- A** The Peloponnese **B** The Philippines  
**C** The United Arab Emirates

**TERMS & CONDITIONS** Competition opens midnight 1 June and closes midnight 1 July 2010. Normal IPC competition rules apply. Competition details form part of these terms and conditions. The prize is as offered and consists of seven nights' bed and breakfast accommodation for two adults at Le Royal Méridien Beach Resort + Spa, Dubai. The prize must be taken by July 2011, subject to availability and is non-transferable, non-upgradeable, non-refundable and has no cash value. Dates are subject to availability and will not be valid during the peak or festive season. All other expenses, not included with the prize, will be charged at full price. No spending money is included and winners must cover the cost of their travel insurance. Winners must confirm full names of those travelling one month prior to travel. Entry is open to residents of the UK, except employees (and their families) of IPC Media, its printers and agents, the suppliers of the prize, and any other companies associated with the competition. The winner must be aged 18 or over. Proof of identity and age may be required. Use of a false name or address will result in disqualification. All entries must be made directly by the person entering the competition. No responsibility can be accepted for entries lost, damaged or delayed in the post. The prize is as stated, and is not transferable to another individual and no cash or other alternatives will be offered. Flight extras are not included in the prize (flight extras include, but are not limited to, pre-allocated seats and the carriage of hold/checked-in baggage). The promoters reserve the right to amend or alter the terms of competitions. The winner will be chosen at random from all correct entries received by the closing date. Failure to respond and/or provide an address for delivery, or failure to meet the eligibility requirements may result in forfeiture of the prize. If the winner cannot be contacted, or is unable to comply with these terms and conditions, the promoter reserves the right to offer the prize to the next eligible entrant drawn at random. No bulk or third party entries will be accepted. The decision of the judges is final, based on the criteria set out in the promotion, and no correspondence will be entered into over this decision. Competitions may be modified or withdrawn at any time. The winner will be the first correct entry drawn after the closing date 1 July 2010 and notified in writing.



# Giveaways just for you

Simply call, text or write and you could be a winner... good luck!

To enter  
**\*ESSTREAT3 01, 02, 03 and 04**  
by phone, text  
and post, just turn  
to page 139 for  
full details. Lines  
are open: 1 June  
to 1 July 2010.

## TERMS & CONDITIONS

\*\* The prize is valid  
Sunday–Thursday until  
31 October 2010,  
excluding bank holidays  
and subject to  
availability.

\*\*\* The offer (based on  
two sharing a double/  
twin room) is valid  
Sunday–Thursday until  
15 July 2010, subject  
to the availability of  
allocated rooms.

There's a £11.25 per  
person supplement for  
Friday and Saturday  
stays. A single  
supplement applies.



WIN THIS  
£1,220  
FRIDGE  
FREEZER!

## Fancy fridge freezer

**\*ESSTREAT3 01**

One lucky reader will soon be showing off this super-stylish and innovative four-door Beko fridge freezer, worth over £1,200. In addition to its good looks and massive storage capacity, this double-width fridge includes blue light anti-bacterial protection technology to prolong the life of fresh fruit and vegetables, so you'll waste less food. The high spec 'A' rated fridge also has two large salad crispers on easy sliding runners, as well as two chiller zone compartments, perfect for keeping meat and fish fresher for longer. Not only that, but the Flexi Zone compartment can be effortlessly switched between a fridge, chiller, wine cooler compartment and a freezer, simply by pressing a button. Clever, eh? Finished in anti-fingerprint stainless steel, it's a cinch to clean, too. For further info, on Beko visit [beko.co.uk](http://beko.co.uk).

## Seaside mini breaks

**\*ESSTREAT3 02**

You'll definitely be able to relax at the Salcombe Harbour Hotel ([salcombe-harbour-hotel.co.uk](http://salcombe-harbour-hotel.co.uk)) in Devon with its breathtaking views over the Salcombe Estuary, one of England's favourite yachting centres. Most of the 53 en-suite rooms have a balcony overlooking the estuary and there are excellent leisure facilities, including a heated indoor pool, steam room and an air-conditioned fitness suite, should you have a burst of energy. We have two luxury breaks to be won. Each prize\*\* includes two nights' accommodation, full English breakfast each morning and dinner with a bottle of Champagne on the first evening.

### EXCLUSIVE SAVE WITH ESSENTIALS

**SAVE with essentials** We've arranged for all *essentials* readers to save 25% on a relaxing stay at the Salcombe Harbour Hotel – you'll pay just £86.25\*\*\* per person per night for luxury en-suite accommodation, full English breakfast and a three-course dinner in the hotel's superb restaurant. Call 01548 844 444, and quote *essentials*.



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\* ESS TREAT 3 03

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\* ESS TREAT 3 04

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## Prize crossword

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- ◆ Full use of the spa facilities.

For info on what to do in the area, go to [britainonshow.co.uk](http://britainonshow.co.uk).

**TO ENTER** Just call 09055 810 018 or text ESSWORDB, a space, the answer to 20 ACROSS, your name, house number and postcode to 86611. Lines open 1 June to 1 July 2010.

BT calls cost 25p per min and last about 2 mins. Cost from other networks may vary. Texts cost 50p each, plus network charges. When you enter by text, you may in future get SMS marketing messages from IPC and essentials magazine. If you don't want to, please end your text with No Info. SP: Eckoh, 0870 880 4869.

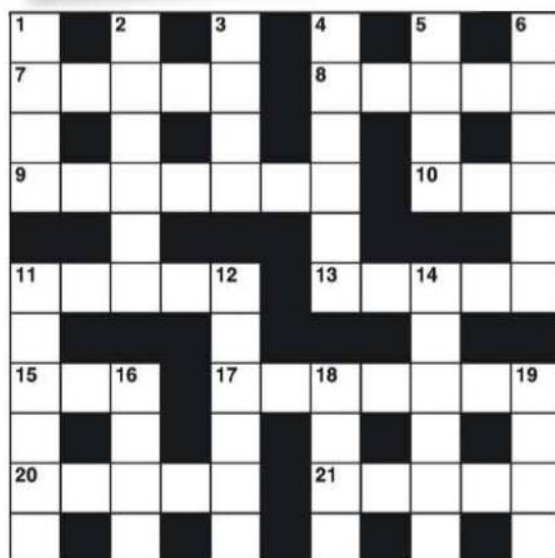


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### ACROSS

- 7 Spanish-owned fashion chain (5)  
 8 Admit guilt (3,2)  
 9 Victorian street light (3,4)  
 10 Military conflict (3)  
 11 French bathroom fitment (5)  
 13 Tooth rot (5)  
 15 Sent \_\_\_\_, dismissed (3)  
 17 (Travelling) quickly (2,5)  
 20 \_\_\_\_ Summer, Hot Stuff singer (5)  
 21 Cooked in a pan (5)

### DOWN

- 1 Overly confident (4)  
 2 Brand new (6)  
 3 TV's Mrs Batty (4)  
 4 Jumped on one foot (6)  
 5 Frozen white flakes (4)  
 6 (Of a car) fast and good for racing (6)  
 11 Fair-haired woman (6)  
 12 Beverage sachet (3,3)  
 14 \_\_\_\_ card, plastic money (6)  
 16 Discover (4)  
 18 Out of harm's way (4)  
 19 Male parents (4)

### MAY PUZZLE SOLUTION

ACROSS 1 Sob 3 Floral 7 Unity 8 Alibi 9 Ritz 10 Hubcap 13 Employ 14 Disc 16 Extra 18 Nikki 19 Spiked 20 Nag

DOWN 1 Square eyes 2 Built up 3 Faye 4 Opaque 5 Ali 6 Nit picking 11 Chicken 12 Go back 15 Enid 17 Tap

You'll find the answers to the crossword in next month's issue of essentials.

\*\*\*\*Terms & conditions: Prize must be taken by 30 Sept 2010 and is subject to availability. Based on two adults sharing a double or twin room. Dinner on night of guests' choice will be a three-course meal from the à la carte menu in Langberry's restaurant. Any additional spa treatments, travel, drinks & food other than stated & insurance must be paid for by the winner.



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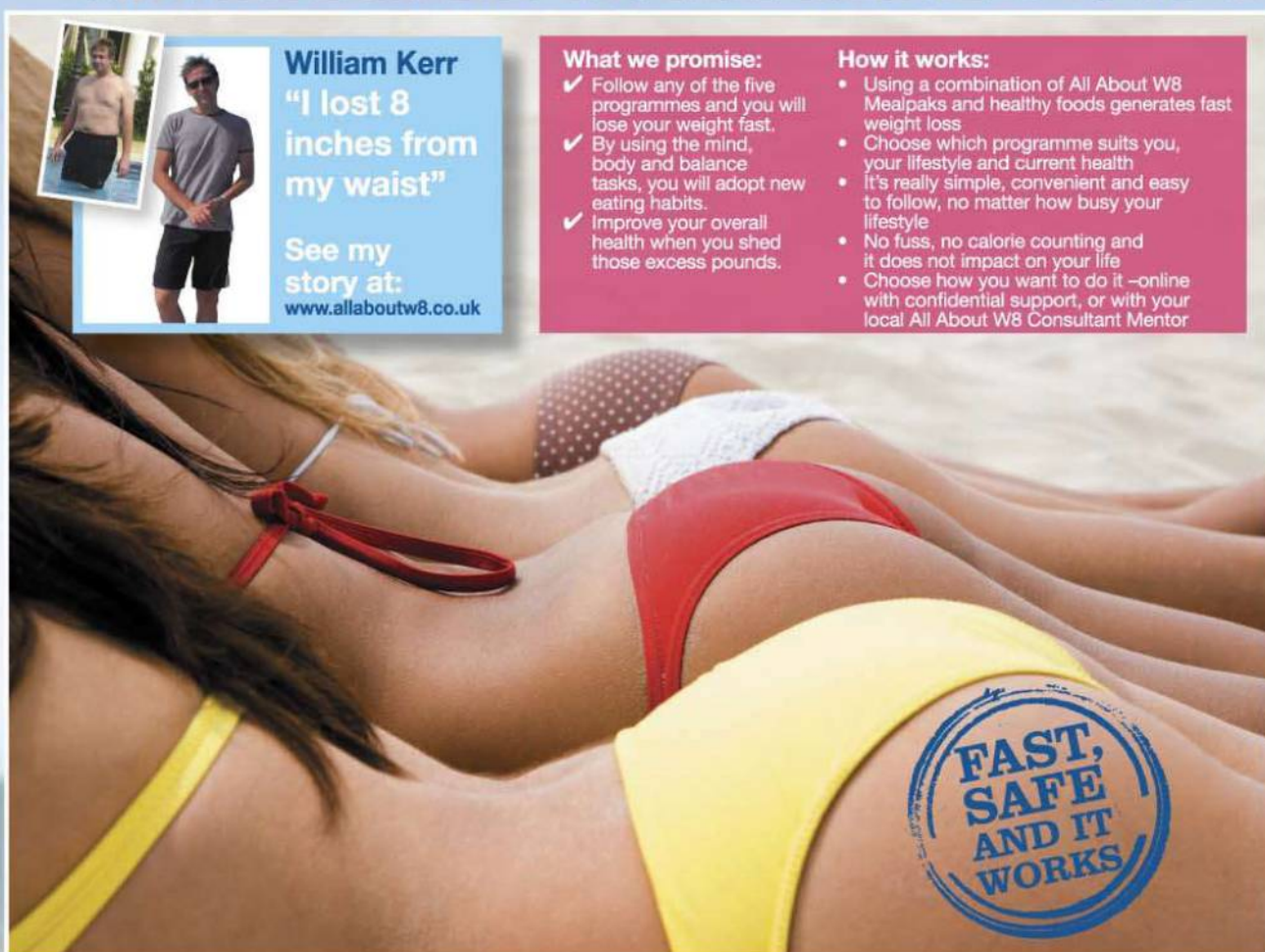
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For any programme below 800 kcal per day, we will notify your GP. As with all weight loss programmes, we recommend you see your GP prior to starting.

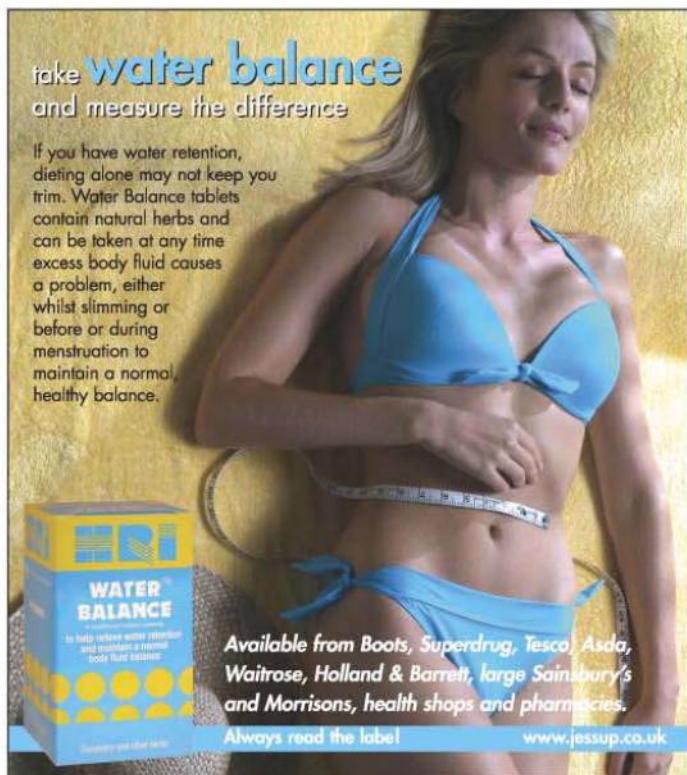
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# HAPPY BIRTHDAY Cancer

23 JUNE-23 JULY

**THIS YEAR** There's no going back. 2010 has no equal in terms of change and opportunity.

December should be unforgettable.

**THIS MONTH** Happiness comes in small packages. Small steps lead to big results and a tiny investment will bring huge dividends.

**TIME TO THINK BIG** Even if you don't hit your mark, you'll be a whole lot further than you were when you started.

Weekly 0905 817 0441 Monthly 0905 817 0504

## your stars by Penny Thornton

### AS A CANCERIAN YOU ARE

- A lover of home and family
- Imaginative and intuitive
- A loyal friend and employee
- Sensitive to others' feelings
- Adaptable, yet cautious



### Leo

24 JULY-23 AUG

#### This month

Somebody has a surprise for you. On or near the 26th, it's the end of an era.

**Less is more** Whether you're giving gifts or making a pitch, rein in your natural generosity and ebullience.

Weekly 0905 817 0442  
Monthly 0905 817 0505

### Virgo

24 AUG-23 SEPT

**This month** A group effort succeeds and a new endeavour begins. Don't take on too much after the 22nd.

**Love is a priority now** Don't let small issues get in the way of having a good time or a great relationship.

Weekly 0905 817 0443  
Monthly 0905 817 0506

### Libra

24 SEPT-23 OCT

**This month** Saturn's return to your sign helps you reach a big decision. The weekend of the 10th creates lasting memories.

**It's time to get over it** Excess baggage serves no purpose except to weigh you down.

Weekly 0905 817 0444  
Monthly 0905 817 0507

### Scorpio

24 OCT-22 NOV

**This month** Travel and people in distant places will add a great deal to your bank of happiness and life experience.

**Try something different** You'll be amazed at what new challenges can do for your confidence.

Weekly 0905 817 0445  
Monthly 0905 817 0508

### Sagittarius

23 NOV-22 DEC

**This month** A positive financial development means you'll start thinking about big moves in the future.

**Renew a connection** Let go of your pride and your fears: you have everything to gain and nothing to lose.

Weekly 0905 817 0446  
Monthly 0905 817 0509

### Capricorn

23 DEC-19 JAN

**This month** There is hope for a relationship. The 11th marks the beginning of a new cycle for love and togetherness.

**Draw a line under the past** It'll bring you peace of mind and create an opening.

Weekly 0905 817 0447  
Monthly 0905 817 0510

### Aquarius

20 JAN-19 FEB

**This month** Look forward to the 26th when mysteries will be cleared up and a fresh start made.

**Not everything old is valuable** There may be new opportunities ahead that could turn out to be priceless!

Weekly 0905 817 0448  
Monthly 0905 817 0511

### Pisces

20 FEB-20 MAR

**This month** Your love life gets a boost. Events on or near the 10th live up to their promise.

**Go with your instincts** Trust yourself and all those nagging doubts will soon disappear.

Weekly 0905 817 0449  
Monthly 0905 817 0512

### Aries

21 MAR-20 APR

**This month** Life is a little crazy at the moment, so be reasonable not reckless, especially around the 30th.

**Stay centred** No matter what, find that still, small place within you and you'll be fine.

Weekly 0905 817 0438  
Monthly 0905 817 0501

### Taurus

21 APR-21 MAY

**This month** You're in foreign territory, either emotionally or for real. Delays and detours add to the fun.

**Everything happens for a reason** This may be a cliché, but it's a thought that will come in very handy now.

Weekly 0905 817 0439  
Monthly 0905 817 0502

### Gemini

22 MAY-22 JUNE

**This month** A new source of income or way to resolve a financial problem could be on the cards, so don't worry.

**Believe in yourself** It will make what could have been a difficult decision easy.

Weekly 0905 817 0440  
Monthly 0905 817 0503

### ASTRO TAROT

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BT calls cost 75p per minute and last approximately 5 minutes.  
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Weekly starlines are updated every Monday. BT calls to 09058 cost 75p per min and last about 4 mins. Cost from other networks may be higher. SP: Eckoh, 0870 880 4869.

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# My life's little essentials...

## Nadia Sawalha

Actress-turned-presenter Nadia, 46, host of hit TV shows including *Loose Women*, lives in London with husband Mark and daughters Maddie, 7, and Kiki Bee, 2



**Trusty old tweezers** I tweeze my moustache. I can't use hair-removing cream because I get the most horrendous rash and I've burnt myself many times trying to home wax. I never go to a beauty salon – that's just a bit intimate!



### Lucky leggings

I did no exercise for two decades, but last year decided to get fit. I could only run for 30 seconds at first, but built up to the marathon. I've lost nearly two stone. I can't run without my proper NRG running leggings. They're soft and stay dry if you sweat, so no chafes!

### Homeopathy

I couldn't be without my homeopath – I haven't been to a conventional doctor for 20 years because her remedies have cured everything I've had from migraines, cystitis and eczema to the baby blues.

### My perfect pancake pan

Every weekend, I stand at the stove for hours making pancakes for breakfast. My pan is very special – it never fails to make a perfect pancake. It was my grandmother's, then my mother's, now it's mine. I'm so superstitious, I won't loan it to anyone and, in a fire, it'd be the first thing I'd grab.



### My family snaps

My house is full of photos of my family having fun. I don't want them up in the loft where nobody can see them – I want them on display. People may say it's self-indulgent, but I think it's life-affirming.

### Rings that make a statement

I've always struggled with my weight, so when I go to buy a dress, I'll come back with a ring – at least they always fit! I'm like a magpie for bright colours or outrageous shapes. I don't spend much – usually £10 – but people often comment on them.



### Going to the theatre

Something happens to me when I'm in the theatre. It's the greatest form of escape – all my troubles just melt away.

### Visiting Cornwall

It's one of the most beautiful places on Earth. You can't beat the rugged coastline and crystal blue sea. I'm not a spiritual person, but the place moves me deeply. I feel really peaceful. I dream of retiring there – it's where I'd like to die.



### Using my herb garden

I'd always wanted the kind of luscious herb garden you see in magazines, so my husband Mark made me one. It was like being given a beautiful poem – so romantic. In Arabic cooking, we use lots of thyme, parsley and mint.

### Works of art

Mark introduced me to modern art. At Christmas, he painted an amazing abstract for me: it's blocks of colour – burgundies with splashes of red and black and yellow – and within it he wrote lines from his favourite Shelley poem. A gift like that can't be equalled.

◆ Nadia will be at the **BBC Summer GoodFood Show**, 16–20 June at Birmingham NEC. Her autobiographical recipe book *Stuffed Vine Leaves Saved My Life* (£20, Doubleday) is out now.



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